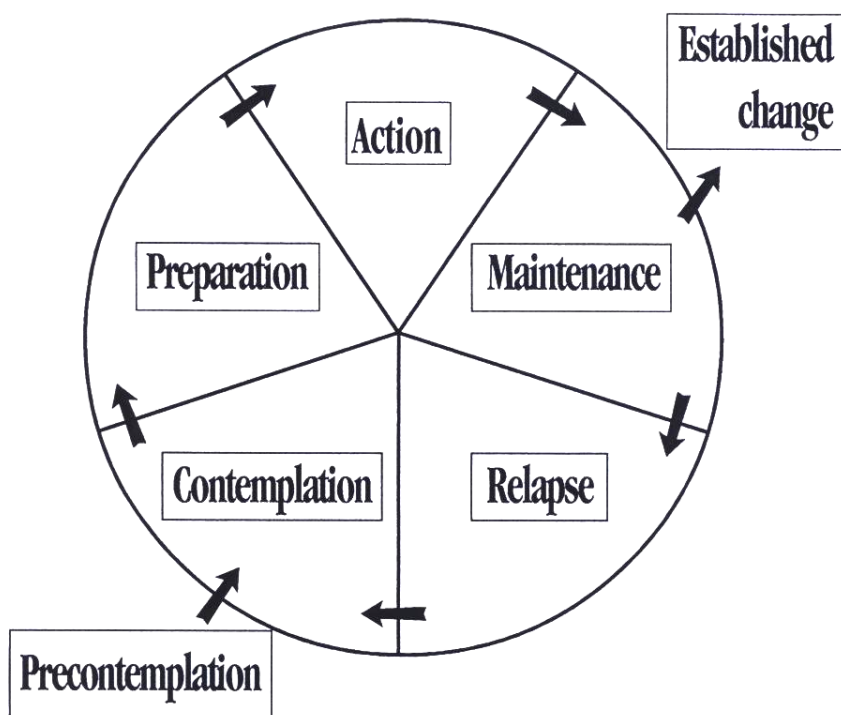


Stages of Change



Based on Prochaska & DiClemente's model

The Stages of Change and Associated Brief Intervention Elements

Stage	Definition	What to do?
Pre-contemplation (unaware/unready)	Pre-contemplator: Is not seriously considering stopping smoking.	Information about the hazards of smoking
Contemplation (aware/ambivalent)	Contemplator: Is seriously considering stopping within 3 to 6 months.	Emphasize the benefits of changing Give Information about smoking problems Discuss how to choose a Goal
Preparation (planning)	Preparation: Is seriously considering stopping within the next week to month, and has already made changes such as cutting back	Discuss how to choose a Goal Give Advice and Encouragement
Action (ready to go)	Action: Has recently stopped smoking (within last 6 months).	Review Advice Give Encouragement
Maintenance (keeping it up)	Maintenance: Has quit for at least 6 months but may still be vulnerable to a relapse up to 1 year.	Give Encouragement
Relapse	Relapse: Has quit for at least 48 hours but is smoking again.	