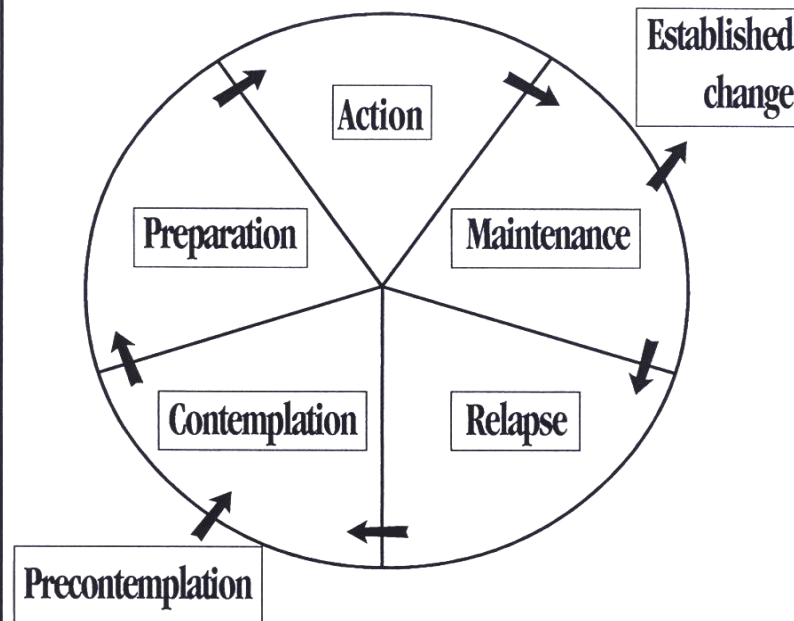


Stages of Change



Based on Prochaska & DiClemente's model

Stage of change	Motivational task	What to do?
Pre-contemplation – Not thinking about it	Raise doubts, increase persons awareness of risks and problems with current behaviour.	Feedback about the results from BMI calculation. Information about the benefits of weight loss.
Contemplation - Thinking about change	Tip the balance –evoke reasons for change (identify the benefits) risks of not changing (identify the down side) Strengthen the individuals ability to adopt change by working on their motivation and self esteem.	Emphasize the benefits of changing. Give Information about consequences of further weight gain. Discuss how to choose a Goal .
Preparation – Preparing to change	Help the individual to determine the best course of action to take in seeking the change. Work on an action plan which is S.M.A.R.T.	Discuss how to choose a Goal Give Advice and Encouragement
Action – Making changes	Help and support the individual to take steps towards change	Review Advice Give Encouragement
Maintenance - Maintaining change	Help the individual to identify and use strategies to prevent relapse (Avoidance strategies and extra positive support)	Give Encouragement
Relapse	Help the individual to renew the process of contemplation, determination, and action without becoming stuck or demoralised because of the relapse. Identify what has caused the relapse and work out how that can be avoided. Build on previous positive experience.	