

Transtheoretical Model of Change (TTM)

INTRODUCTION

- TTM was developed to help explain how people change their behavior
- Developed by : Prochaska, DiClemente, Velicer, & Rossi, 1993; Prochaska, Norcross, & DiClemente, 1994; Prochaska, Redding, & Evers, 1997; Prochaska, Velicer, DiClemente, & Fava, 1988; Reed, 1999
- The health behavior change is happened as a PROCESS not at the MOMENT.
- The transtheoretical model (TTM) uses :
 - a temporal dimension
 - the stages of change,
 - to integrate processes and principles of change from different theories of intervention
 - name transtheoretical.

Core Constructs:

- Stages of Change: temporal dimension
- Processes of Change: covert and overt activities people use to progress through the stages
- Decisional Balance: weighing pros and cons of changing
- Self-Efficacy

Stages of Change in Which Change Processes Are Most Emphasized

Stages of Change

Precontemplation

Contemplation

Preparation

Action

Maintenance

Consciousness Raising

Dramatic relief

Environmental reevaluation

Self-reevaluation

Self-liberation

Reinforcement Management

Helping relationships

Counterconditioning

Stimulus Control ⁴

TRANS THEORETICAL MODEL OF BEHAVIOUR CHANGE

(summary)

- 1. Precontemplation**
Not intending to make any changes
- 2. Contemplation**
Considering a change
- 3. Preparation**
Make small changes
- 4. Action**
Actively engaging in a new behaviour
- 5. Maintenance**
Sustaining the change overtime

Precontemplation

- **No intention** to act in the near future (six months), due to lack of information or demoralization from past attempts.
- “I have no intention to stop smoking”

Contemplation

- Intention to change in the near future (next 6 months);
- Aware of pros and cons of changing
- More aware of pros of changing but are also acutely aware of cons.
- → Balance between the cost and benefit → stuck in this stage for long periods of time.
- “Stop smoking will make me healthier but also make me can’t face my stress”

Preparation

- Intention to take action in the immediate future (1 month)
- Have a plan of action
- **Have a plan of action** : joining a health education class, consulting a counselor, talking to their physician, buying a self-help book, or relying on a self-change approach.
- “I want to stop smoking next month, and I want attend cessation clinic”

Action

- Overt action taken within the last 6 months
- Total abstinence : stop smoking totally
- Diet : less than 30% of calories should be consumed from fat → professional criteria
- “ I have been stop smoking for 6 months”

Maintenance

- Work to prevent relapse;
- Less temptation
- More confidence
- After 12 months of continuous abstinence, the percentage of individuals who return to regular smoking was 43%.
- It was not until 5 years continuous abstinence that the risk for relapse dropped to 7%.

Termination

- No temptation
- 100% self efficacy
- No matter whether they are depressed, anxious, bored, lonely, angry, or stressed, they are sure they will not return their old unhealthy habit as a way of coping.

EXERCISE

- Please give the description of the people who in the each stage of drug cessation:
 - Precontemplation
 - Contemplation
 - Preparation
 - Action
 - Maintenance
 - Termination