

Behavior Change

Transtheoretical Model/Stages of Change is a Public Health theory that addresses behavior change. The idea behind this theory is that behavior change does not happen in one step. Rather, people tend to progress through different stages on their way to successful change.

Precontemplation: No intention to take action within the next 6 months.
(I am currently a smoker, and do not intend to stop smoking in the next six months)

Contemplation: Intends to take action within the next 6 months.
(I am currently a smoker and am seriously considering quitting in the next six months)

Preparation: Intends to take action within the next 30 days and has taken some behavioral steps in this direction.
(I seriously plan to quit smoking within the next thirty days and have made at least one attempt to do so within the past year)

Action: Has changed overt behavior for less than 6 months.
(I am a former smoker and have continuously quit for less than six months)

Maintenance: Has changed overt behavior for more than 6 months.
(I am a former smoker and have continuously quit for longer than six months)

Behavior	Precontemplation	Contemplation	Preparation	Action	Maintenance	Strategies For Progress