

## Summary Table of the Stages of Change and Matching Interventions

Stage	Definition	Characteristics	Intervention/Tasks
<b>Pre-contemplation</b>	Individual has no intent to change behaviour in the near future and may not identify a problem with their behaviour.	May appear unmotivated or resistant Avoid information, discussion or thoughts regarding the behaviour Defensive or sometimes passive	Raise doubt Increase awareness of risks/problems associated with behaviour
<b>Contemplation</b>	Individual openly states their intent to change some time soon (eg within six months). Although they may be aware of the benefits of change, they remain focussed on the costs	May appear ambivalent Might procrastinate Determined yet inactive Gather information and consider possible solutions	Tip decisional balance Evoke reasons for change, risks of not changing Strengthen self-efficacy for changing behaviour
<b>Preparation</b>	Individuals intend to take steps toward change (eg within the next month). This is viewed as a transition rather than a stable change	Planning and intend to change	Develop a plan Offer options and assist in developing strategies that are helpful toward change
<b>Determination/ Action</b>	Individual makes an overt, perceptible modification to their behaviour. They are considered to be within this stage if these modifications have occurred for less than 6 months	Modifications in behaviour Commitment (verbalised or demonstrated) Open to suggestions	Support implementation of a plan Use skill base Problem solve Support self-efficacy
<b>Maintenance</b>	Individual works to prevent relapse and consolidates gains achieved in the determination/action stage	Report higher levels of self-efficacy Less frequently tempted to relapse	Identify and use strategies to prevent relapse Resolve associated issues/problems
<b>Lapse/Relapse</b>	Individual returns to the behaviour, temporarily (lapse) or for a longer period of time (relapse)	May report any of the above. Particular feelings of failure/ guilt may appear.	Normalise relapse as a common occurrence. Assist the person to look at why it occurred and make plans to cope with similar circumstances in the future.

This information was collated from a variety of sources including Prochaska & DiClemente (1986) and Miller & Rollnick (1991)