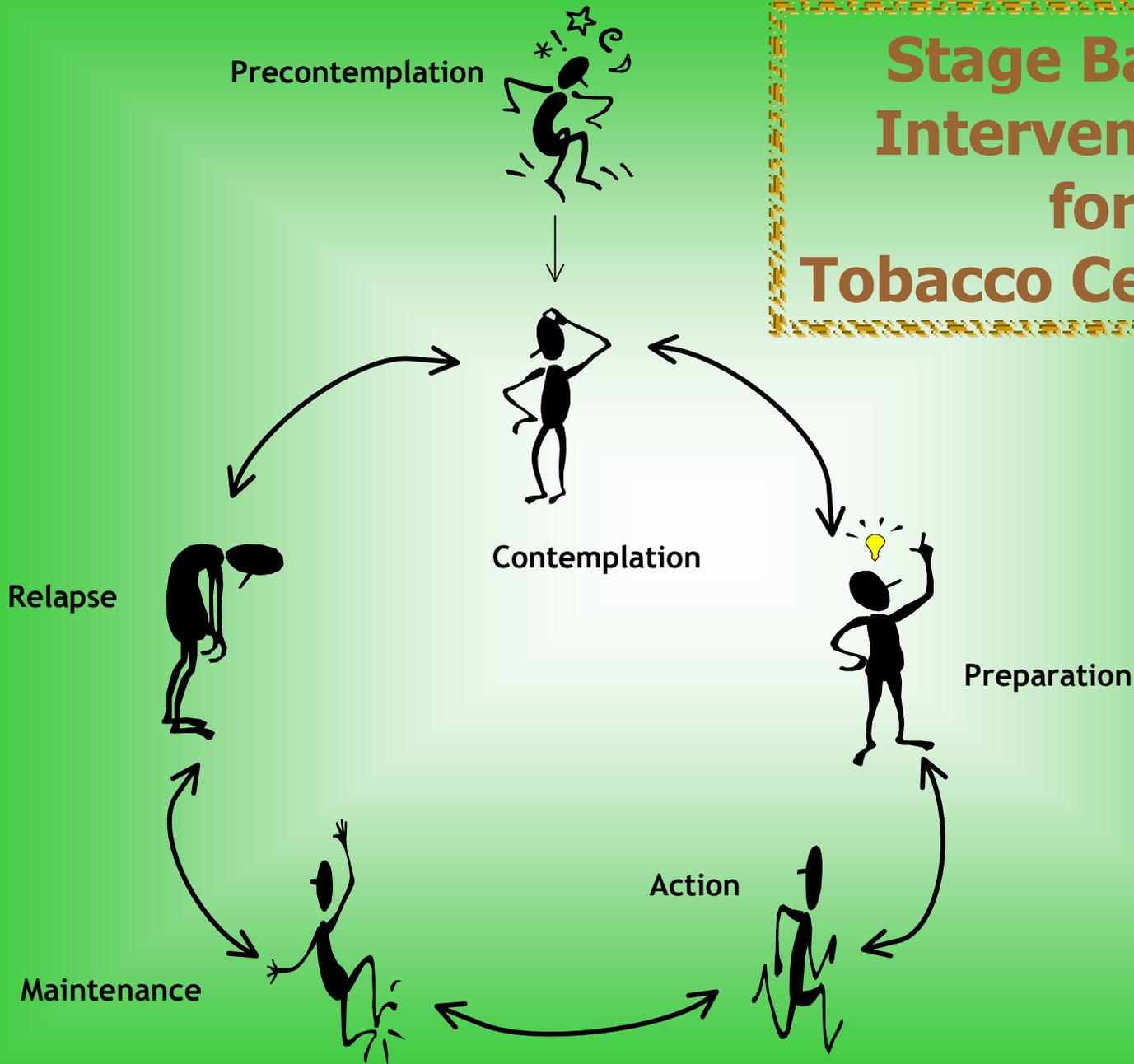
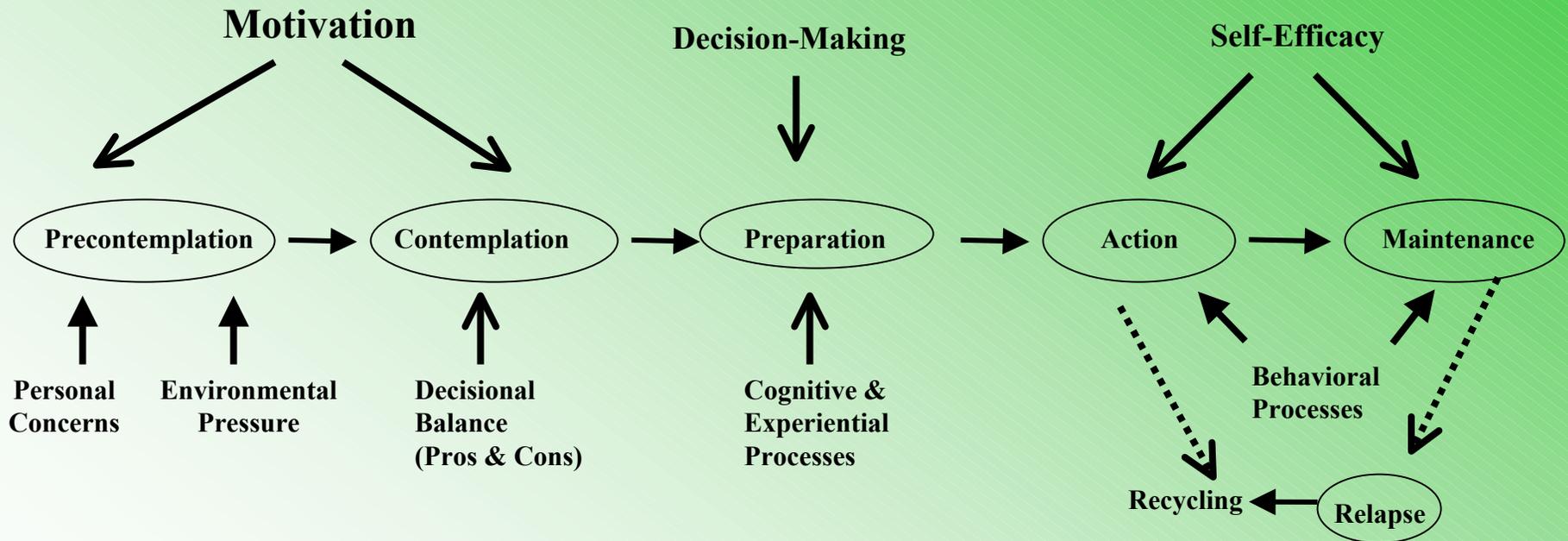


Stage Based Interventions for Tobacco Cessation



Theoretical and practical considerations related to Movement through the Stages of Change



Precontemplation

**Not Considering Change
& Not Ready for Change**



Tasks & Goals

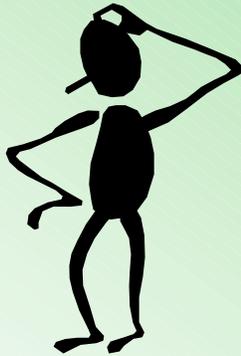
- Increase awareness of need for change and concern about current behavior
- See possibility of change
- Move to next Stage of Change

Treatment Strategies

- Assess awareness and knowledge
- Discuss pro's and con's
- Acknowledge their concerns
- Learn benefits of abstinence
- Identify reasons for usage
- Introduce ambivalence
- Spotlight successful quitters
- Suggest talking with a positive ex-smoker or ex-dipper
- Advise of need to quit and personalize the message
- Provide personalized feedback
- Seek out a supportive, trusted person to explore issue
- Discuss possibility of change
- Give self-help materials

Contemplation

**Considering and Thinking
& about Change**



Tasks & Goals

- Analyze the pro's and con's of current tobacco behavior**
- Review benefits and cost of change**
- Make a decision**

Treatment Strategies

- Discuss reasons for wanting to quit tobacco
- Explore good/bad reasons for using
- Discuss reasons and benefits for quitting tobacco
- Elicit reasons for change
- Review barriers to quitting
- Evaluate obstacles to success and resistance to change
- Review resources and supports for quitting
- Discuss negative consequences of tobacco use
- Review coping skills
- Discuss strategies for quitting
- Set a date to think about quitting
- Give self-help materials

Preparation

Getting Ready for Change



Tasks & Goals

- Increase commitment for change
- Develop a plan for change
- Implement an action plan in near future

Treatment Strategies

- Review reasons for quitting
- Counter ambivalence
- Resolve ambivalence
- Develop a QUIT PLAN (which is acceptable, accessible and effective!)
- Discuss past quit attempts
- Set a date for quitting
- Support commitment
- Encourage motivation and efforts for change
- Give direct and positive message for quitting
- Give self-help materials

Action

Making the Change



Tasks & Goals

- Implementing change strategies
- Maintaining commitment
- Revising plan
- Sustaining new behavior patterns

Treatment Strategies

- Review and affirm reasons for quitting
- Explore relationship with tobacco
- Plan for quit day & days thereafter
- Review relapse triggers (people, situations, feelings, thoughts, places)
- Troubleshoot problem areas
- Discuss obstacles to quitting
- Review coping strategies for urges, cravings and withdrawal
- Explore support system & other resources
- Encourage cessation efforts
- Focus on progress
- Follow-up
- Give self-help materials

Maintenance

Sustaining behavior change as part of new lifestyle



Tasks & Goals

- Maintaining change overtime**
- Avoiding and coping with slips**
- Sustaining long term behavior change**

Treatment Strategies

- Support self efficacy
- Reaffirm commitment
- Support change efforts
- Highlight positive benefits
- Identify risks and temptations
- Review and practice coping skills
- Relapse Prevention Skills
- Provide resources

Relapse

Return to tobacco usage



Tasks & Goals

- Slipping and sliding are normal and can be overcome
- Reframe slips as a learning experience
- Help with discouragement, shame
- Assist with renewal preparation, and determination for change
- Encourage change efforts!

Treatment Strategies

- Identify barriers to success
- Review and explore negative feelings (i.e., shame, guilt, discouragement and thoughts about failure)
- Explore successful quitting strategies
- Review relapse events, and triggers and learn from them!
- Encourage to try again
- Discuss available resources

References

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- 5. Prochaska, J.O., J.C. Norcross, C.C. DiClemente (1994). Changing for Good. Avon: New York.**