

Stages of Change For Nicotine Dependence



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CHANGING FOR GOOD

A REVOLUTIONARY
SIX-STAGE PROGRAM
FOR OVERCOMING
BAD HABITS AND
MOVING YOUR LIFE
POSITIVELY FORWARD

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Measuring Behavior Change

- **Framework for understanding change**
- **Incremental versus all or no change**
- **Attitudinal and behavioral components**
- **Achievable successes**
- **Program evaluation**

Stages of Behavior Change



Contemplation



Preparation



Action



Precontemplation



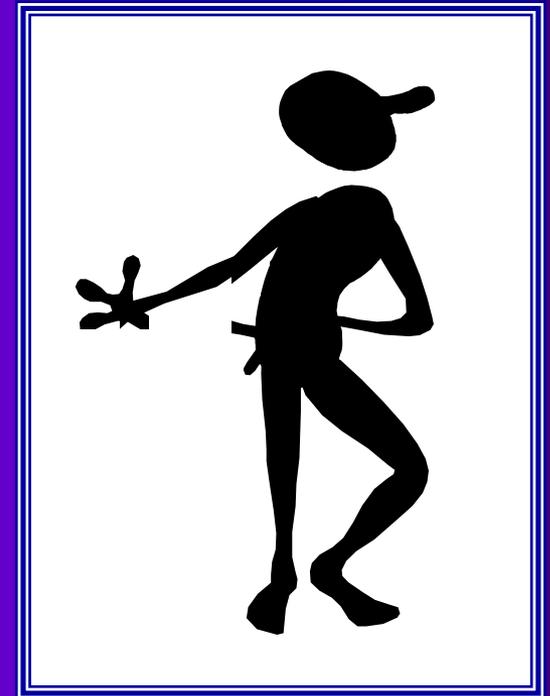
Relapse



Maintenance

Precontemplation

- **No intention to change**
- **Unaware or underaware of their problems**
- **Problem often recognized by family and friends**



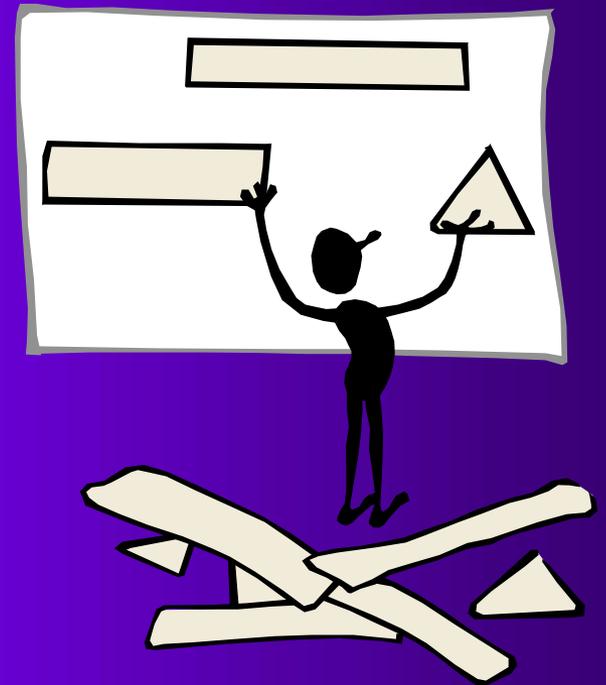
Contemplation

- **Aware problem exists**
- **Seriously thinking about overcoming it**
- **No commitment to take action**
- **Weighing Pros and Cons of change**



Preparation

- **Intending to take action in the next month**
- **Pros \geq Cons**
- **Modify/reduce behavior**



Action

- **Modify behavior to overcome problem**
- **Requires considerable commitment of time and energy**
- **Changed behavior from 1 day to 6 months**



Maintenance

- **Changed behavior for 6 months**
- **Continuation of change**
- **Working to prevent relapse**



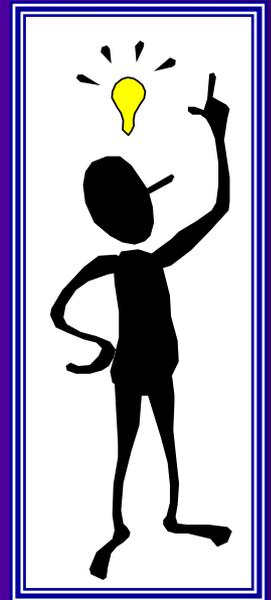
Relapse

- **Frequent occurrence and can occur anytime...**
- **Does not indicate failure!**
- **Most people who successfully quit tobacco have experienced relapse once or more.**



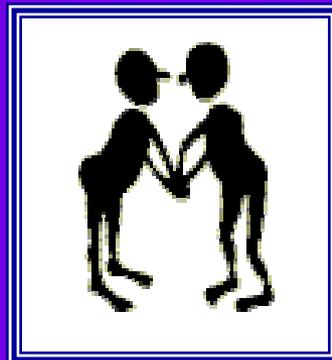
Strategies For Change

- **Not everyone is ready to change**
- **Use different strategies for each stage of change**
- **Success is incremental**
- **Relapse (slipping) is often part of a successful change process**



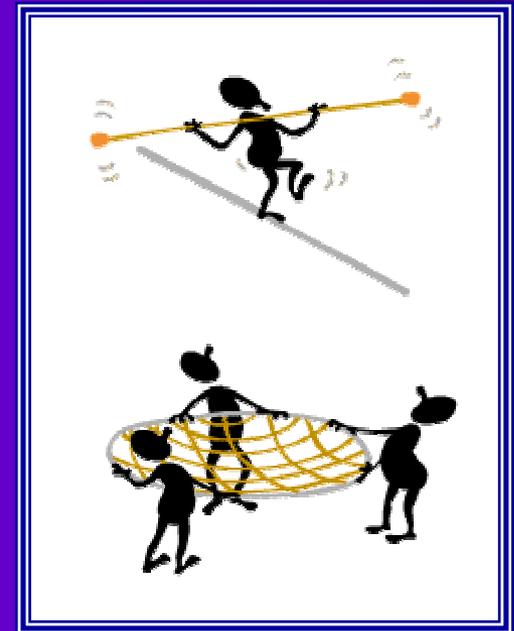
**“You cannot make anyone change,
You can only invite to change.”**

**Goal is to provide a positive,
therapeutic, facilitative relationship and
environment to encourage self-change.**

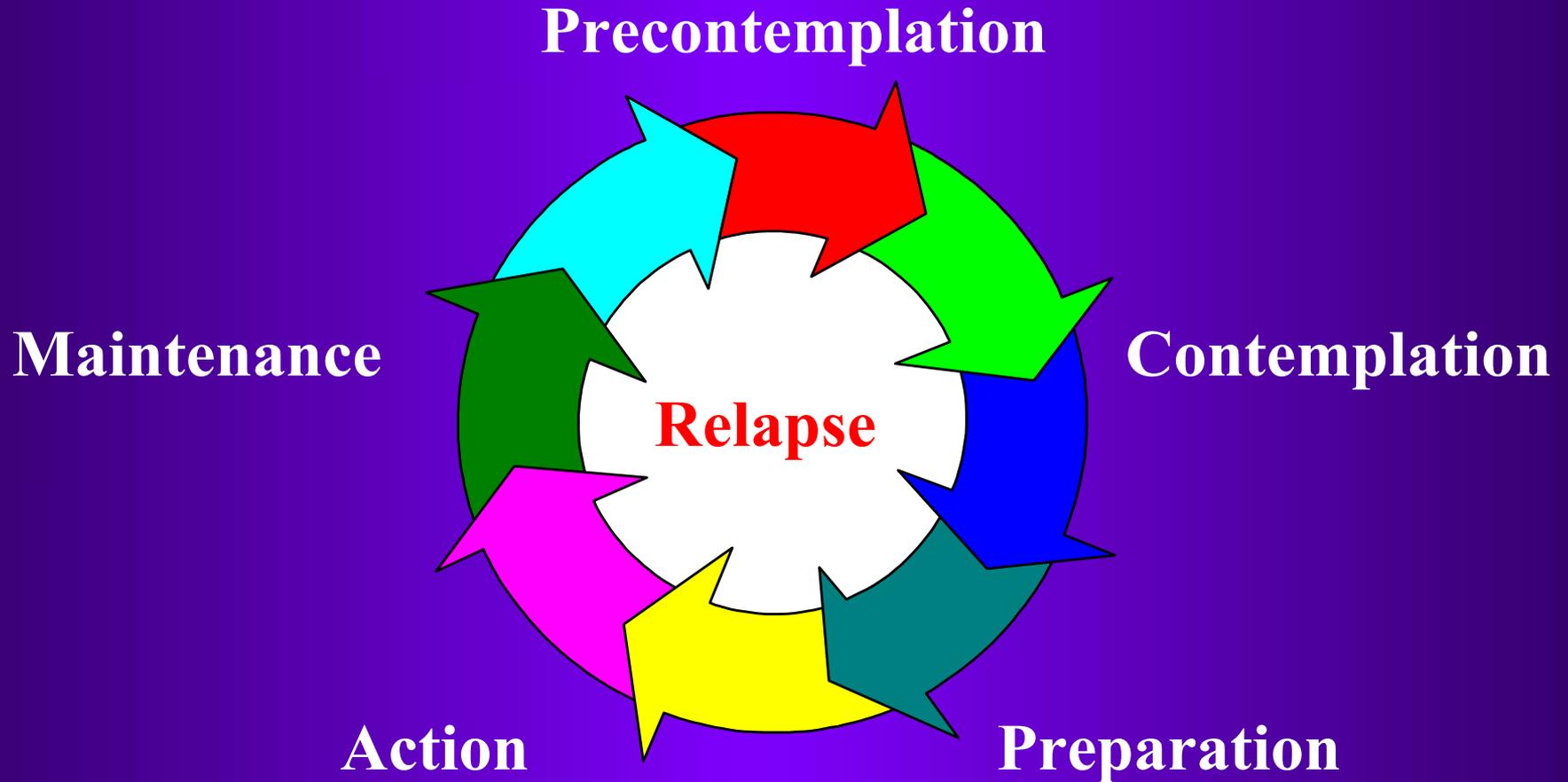


“Do the *Right Thing* at the *Right Time*”

Use the appropriate
strategies, skills and
processes to help the
person at their
readiness to change



Stages of Change



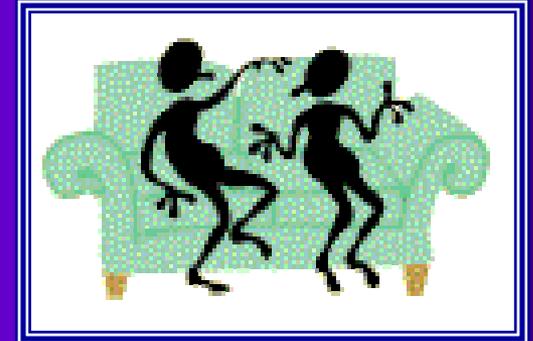
Decisional Balance



- **Pros and Cons**
- **Tip the Balance**
- **Motivational Strategies**
- **Behavioral, Cognitive & Experiential Processes**

Strategies For Change- Precontemplation

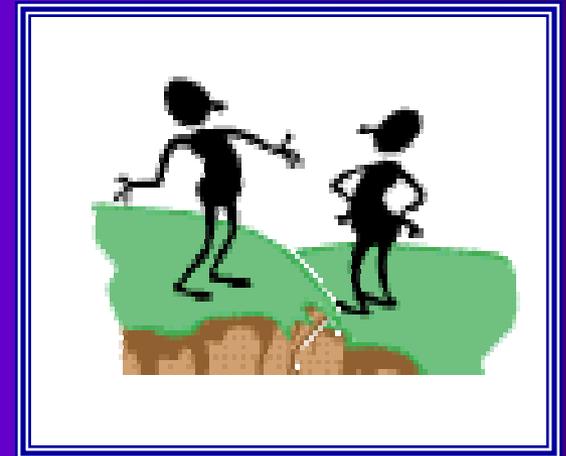
- **Acknowledge concerns**
- **Provide info & feedback**
- **Introduce ambivalence**
- **Discuss change**
- **Increase perception of risks and problems**



Role = Nurturing Parent

Strategies For Contemplation

- **Discuss reasons for change and risks of not changing**
- **Increase self confidence**
- **Tip balance for change**
- **Review barriers to success**



Role = Socratic Teacher

Strategies for Preparation

- **Support motivation and change**
- **Find change strategies**
- **Resolve ambivalence**
- **Encourage action & commitment**



Role = Coach

Strategies For Action

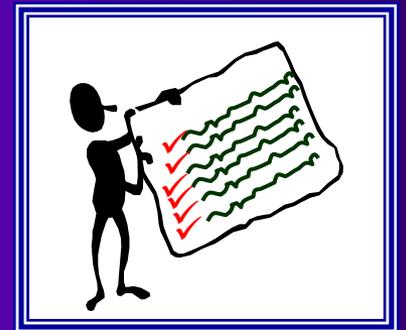
- **Focus on relapse triggers and coping skills**
- **Reaffirm change commitment**
- **Support change**
- **Provide other resources**



Role = Consultant

Strategies For Maintenance

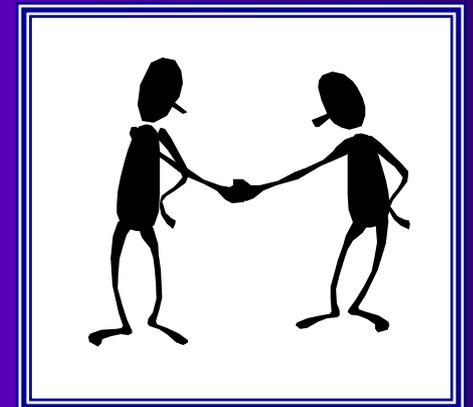
- **Reaffirm commitment**
- **Identify triggers & coping skills**
- **Identify self-defeating behaviors**
- **Resolve associated problems**
- **Provide support**



Role = Consultant

Relapse Strategies

- **Reassure slips are normal**
- **Slips = Learning experiences**
- **Help avoid shame and discouragement**
- **Identify successful strategies & barriers**
- **Rekindle confidence & hope!**
- **Encourage change!**



Common Mistakes

- **Fail to *assess* readiness to change**
- **Treat *everyone* as if they are in Action stage**
- **Do not *assist* with movement to next stage of change**
- ***Mismatching* stages and processes**
- ***Neglecting* maintainers, relapsers and recyclers**

Summary

Stages of Change

- **Predictable course when changing behaviors**
- **Helps everyone understand change process**
- **Use different strategies & interventions depending upon readiness for change**

Where are *you*?



Contemplation



Preparation



Action



Precontemplation



Relapse



Maintenance