

[Stages of Change Model](#) [1]

Description: The Stages of Change Model can be used to assess the patient's readiness to change his/her addictive behavior; this should be determined before addiction treatment begins.



Prochaska and DiClemente (1983) developed the transtheoretical model (also known as the Stages of Change Model) to demonstrate how people move through various stages in a nonlinear, often cyclical, fashion. Depending on the stage a person is in, he/she will respond differently to different types of information and motivation. The model to the left illustrates how an individual's perceptions and interest in changing a behavior may differ over time, and it provides a framework for determining an appropriate intervention (Prochaska and DiClemente 1992).

Pre-contemplation: In this stage, the person has no awareness of a problem and/or no intention of taking any action. He or she may have unsuccessfully attempted change in the past and is demoralized; he or she may appear unmotivated or resistant to change.

Contemplation: In this stage, the person perceives a problem but is ambivalent about attempting change. He or she is generally aware of the pros of change but also is closely aware of the cons.

Preparation: During the preparation stage, the person has a definite awareness of the problem and admits that it must be addressed. He or she has a strong interest in changing, is determined to do so, and may begin investigation of treatment options.

Action: During this stage, the person is ready to change and is actively involved in addressing the problem.

Maintenance: During the maintenance stage, the person works to prevent relapse, although he

Stages of Change Model

Published on BupPractice (<https://www.buppractice.com>)

or she is less tempted than someone in the Action stage. Behavior changes are being established in daily life.

Relapse is often a part of the cycle and can signal a return to the pre-contemplation or contemplation stage of the model.

Links:

[1] <https://www.buppractice.com/node/1367>