Stages of change

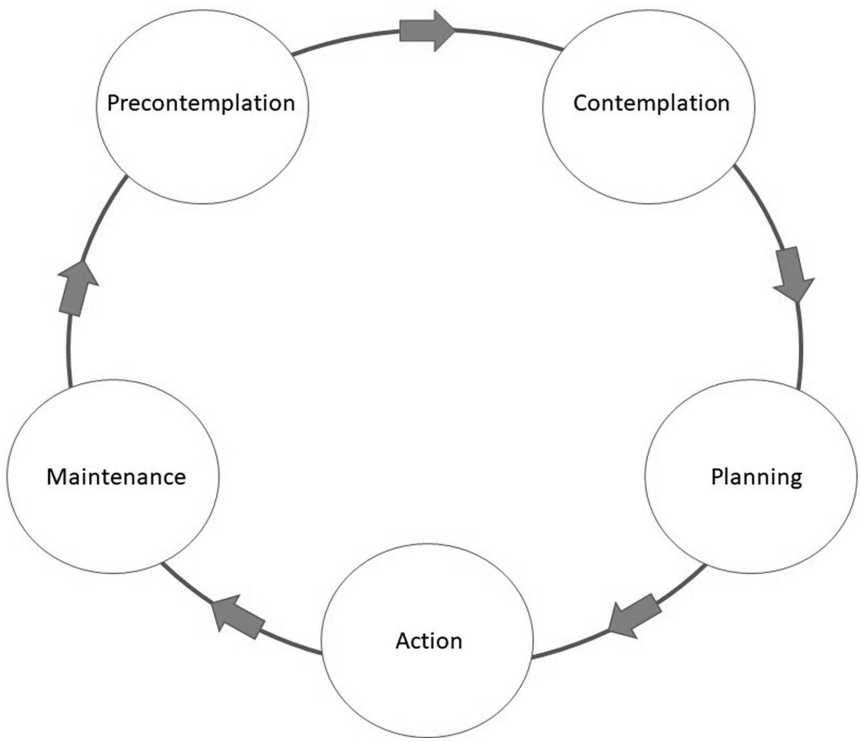


Figure 11.1 Stages of change (*Source*: modified from Prochaska & Velicer[1]).

- Precontemplation – haven't really thought about change.
- Contemplation – thinking about change.
- Planning – preparing for the new change.
- Action – doing the planned behavioural change.

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- Maintenance – maintaining the new action to form long-term behaviour.

Relapse can happen at any stage and take you back to any stage. It is frequently caused by:

- Internal pressures (e.g., the thought/feeling that this is too difficult).
- Social pressures (e.g., lack of support by friends and family).
- Special situations (e.g., events, dates, people).
- Combination of internal, social and/or special pressures.

Reference for Handout 11.1

1. Prochaska, J.O. and W.F. Velicer, *The transtheoretical model of health behavior change.* Am J Health Promot, 1997. **12**(1): p. 38–48.

This handout was written by Dr Daron Watts, Dr Hans Watson, and Professor Terry Correll based upon their chapter entitled "Promoting change in psychological and gastrointestinal conditions – motivational interviewing (MI)" (Chapter 11) from Knowles, S.R., Keefer, L., & Mikocka-Walus, A. (2019). Psychogastroenterology with Adults: A Handbook for Mental Health Professionals. Oxon, UK: Routledge Press.

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