Stage Based Interventions for Tobacco Cessation

1. Precontemplation
2. Contemplation
3. Preparation
4. Action
5. Maintenance
6. Relapse
Theoretical and practical considerations related to Movement through the Stages of Change

Motivation
- Precontemplation
  - Personal Concerns
  - Environmental Pressure

Contemplation
- Decisional Balance (Pros & Cons)

Preparation
- Cognitive & Experiential Processes

Action

Maintenance
- Self-Efficacy
  - Behavioral Processes
    - Recycling
    - Relapse
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

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**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
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

Action
Making the Change

Tasks & Goals

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


