Stages of Change
For Nicotine Dependence

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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

- Precontemplation
- Contemplation
- Preparation
- Action
- 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 ≥ 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

Precontemplation

Maintenance

Contemplation

Action

Preparation

Relapse
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?

- Precontemplation
- Contemplation
- Preparation
- Action
- Relapse
- Maintenance