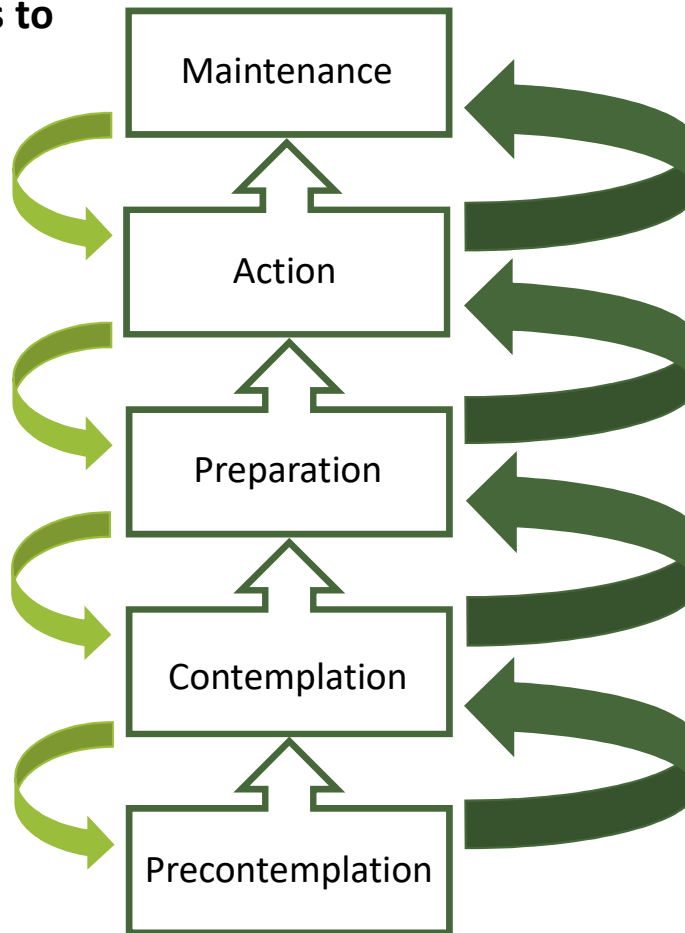


Transtheoretical Model of Behavior Change (TTM)

Stages of readiness to change:



Self-efficacy:
Perception of ability to do the action

Decisional Balance:
Considering the pros and cons of making a change.

Processes of change:
Interventions/strategies used to help people progress through the stages; certain strategies more effective at different stages.

- A few relevant citations:
- Prochaska et al., 1992;
 - Prochaska et al., 1994;
 - Prochaska et al., 2008