

Action

1. **(Acknowledge difficulties in the early stages of change)** What have you learned about yourself since you began.....?
2. **(Engage patient in treatment)** You are in charge of your own treatment. You know what you need to do to better control your diabetes. What has changed for you since you began.....?
3. **(Identify high-risk situations)** Since you began....., was there ever a time when you just quit doing it? (Indicate that this is a normal part of the change process.)
4. **(Elicit as much detail as needed to help the patient problem-solve)**
Examples:
 - What happened?
 - How has your routine changed?
 - What can you change so that this doesn't happen again?
5. **(Assess strengths and social support)**
Who helps you to keep up with.....?
How does that person help you?
6. Is there anyone else whose help you need? What would that help include?

Maintenance

1. **(Affirm commitment)** When you committed to....., you did it for a specific reason. Do you remember what that reason was? Have you discovered other reasons that motivate you now?
2. **(Affirm patient's resolve and self-efficacy)**
Can you imagine yourself keeping your diabetes under good control? Describe how you will make sure that you maintain good control.
3. **(Incorporate positive rewards)** How can you celebrate your success in.....?
4. **(Review long-term goals)** What do you see as your long-term goal related to.....?



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Guide to

Stages of Change Interventions



USING THE TRANSTHEORETICAL MODEL FOR YOUR PATIENTS WITH DIABETES

Steps to Using Stages of Change Interventions

1. Find out what behavior the patient wants to discuss.
2. Clarify the recommendation for that behavior.
3. Use the definitions or algorithm listed below.
4. Ask questions specific to the stage of change.

Step 1:

Find out what behavior the patient wants to discuss by referring to the front cover of this pamphlet and allowing the patient to choose the behavior category.

Step 2:

Clarify the recommendation for that behavior. Decide with the patient what goal is appropriate for now.

Recommendations

- **Exercise:** Thirty (30) minutes of moderate level exercise five days a week
- **Blood sugar monitoring:** At least once a day
- **Healthy eating:** Follow a meal plan at least five out of seven days
- **Taking medications:** At least nine out of ten times

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Step 3:

Determine what stage the patient is in. Use the definitions or the algorithm below.

Definition of Stages of Change

- **Pre-contemplation** (*I can't; I won't*)
The patient is not yet considering change or is unwilling or unable to change.
- **Contemplation** (*Maybe I will*)
The patient acknowledges concerns and is considering the possibility of change but is ambivalent and uncertain.
- **Preparation** (*I will*)
The patient is committed to the change and is planning to make the change in the near future, but is considering what to do.
- **Action** (*I am doing*)
The patient is actively taking steps to change but has not yet reached a stable state.
- **Maintenance** (*I have been doing*)
The patient has achieved initial goals, and it is now habit.

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Step 4:

Ask the appropriate stage-specific questions. *Substitute the specific behavior wherever you see the dotted line.*

Pre-Contemplation

1. **(Express concern)** I'm concerned that.....
2. **(Raise doubts about patient behavior)** Why do you think it is important to.....?
3. **(Normalize behavior)** Lots of people find it difficult to.....for a variety of reasons. What are some of the things that get in the way for you?
4. **(Provide information)** Are there any questions you would like to ask me, or do you want some written information about.....?

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Contemplation

1. **(Normalize ambivalence)** Some people don't like to....., yet they know it is important.
2. **(Consider the 'cons')** What is it that makes it difficult for you?
3. **(Consider the 'pros')** What would be some reasons to start doing it?
4. **(Self re-evaluation)** How much does your family know about your diabetes? How do you think your diabetes affects them?
5. **(Examine options)** If you were to do start, what do you think you would do?
6. **(Emphasize patient control)** With any chronic condition, you are the one in charge. Your health depends on your ability to make the changes that are right for you.

Preparation

1. **(Clarify the patient's own goals and strategies for change)** Tell me what you are planning to do about.....? Ask for specifics such as how often, when, how long, etc.
2. **(Anticipate problems before they occur)** What are some things that could get in the way of achieving your goal?
3. **(Lower barriers to change)** What do you need to do so that this is not going to get in your way?
4. **(Help the patient to enlist social support)** Who do you need to help you achieve your goal?
5. What do you need from them?

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Algorithm for Staging a Behavior

