

DiClemente & Prochaska's Stages of Change

During a smoking cessation study in 1983, researchers James Prochaska and Carlo DiClemente identified and developed their *Stages of Change* as one of the three components in their *Transtheoretical Model of Behavior Change*, also known simply as TTM. TTM describes the process of change, stages of change and methods of measuring change.¹

Five official stages are described in DiClemente and Prochaska's Stages of Change Model, including pre-contemplation, contemplation, preparation, action and maintenance. An unofficial 6th stage, relapse, is popularly included because occasional slips are inevitable in the change process.