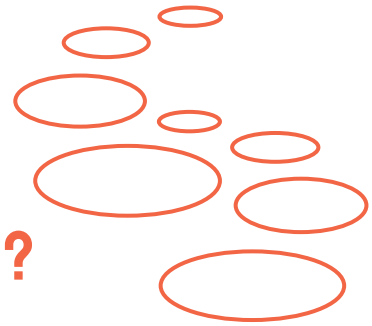


# STAGES OF CHANGE

ASSESSMENT TOOL 2

## ARE THEY READY TO MAKE A CHANGE?



For survivors of stroke to adhere to new health-based recommendations, they will often need to change their behaviour. This might be a small change, but for some it will require major change. It's important to understand if the survivor of stroke is 'ready' to change. This will also vary depending on where they are in their 'journey' (from inpatient through to living in the community).

These are the 'stages' of behaviour change, based on the 'Stages of Change' model (*Prochaska & Diclemente, 1983*).



### STAGE 1: **PRECONTEMPLATION**

No intention to change behaviour in the foreseeable future.



### STAGE 2: **CONTEMPLATION**

Aware of the problem and thinking about overcoming it, but not yet committed to action.



### STAGE 3: **PLANNING**

Making some plans to make the change.



### STAGE 4: **ACTION**

Actively modifying behaviour to overcome the problem.



### STAGE 5: **MAINTENANCE**

It's become a habit.

There is a Stage 6, and this is '**relapse prevention and management**'. If you are working with a survivor of stroke for an extended time or if they are coming to you from the community, this will be relevant to you. Lets face it, most of us do 'relapse' with behaviour change, so this is important!

It is good for you to understand where the survivor of stroke is in terms of 'stage of change'. You could use the 4 questions below. This is based on Marcus and Forsyth (2009) 'Physical Activity Stages of Change Questionnaire'. For each of the questions, please circle yes or no. Below the table you will see a scoring algorithm which will indicate the 'stage of change'.

Once you have determined the stage the survivor of stroke is at, you can use some of the strategies and recommendations in the next section of the toolkit.

If a client is assessed to be Stages 1-3 you could follow with the COM-B assessment, then go to the full Behaviour Change Plan. If a client is assessed to be Stages 4-5 you can go straight to the Action Plan.

QUESTIONNAIRE – IN RELATION TO THE DESIRED BEHAVIOUR	No	Yes
1. I am currently doing some actions/activities	0	1
2. I intend to start some actions/activities in the next few weeks	0	1
3. I am currently doing regular actions/activities (5 days per week)	0	1
4. I have been doing regular actions/activities for several months	0	1

## SCORING

Question 1 = 0	+	Question 2 = 0	≡	Stage 1		
Question 1 = 0	+	Question 2 = 1	≡	Stage 2		
Question 1 = 1	+	Question 3 = 0	≡	Stage 3		
Question 1 = 1	+	Question 3 = 1	+	Question 4 = 0	≡	Stage 4
Question 1 = 1	+	Question 3 = 1	+	Question 4 = 1	≡	Stage 5