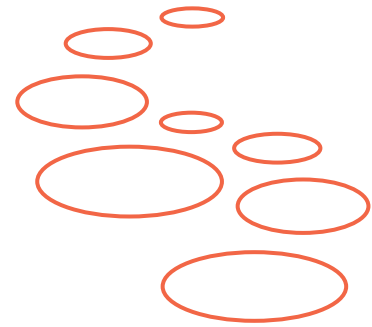


# STAGES OF CHANGE

ASSESSMENT TOOL 2

## ARE THEY READY FOR DOING MORE PHYSICAL ACTIVITY / EXERCISE?



For survivors of stroke to adhere to new physical activity/exercise programs, 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' as they relate to physical activity/exercise, based on the 'Stages of Change' model (*Prochaska & Diclemente, 1983*).



### STAGE 1: **PRECONTEMPLATION**

Not active and not thinking about becoming active.



### STAGE 2: **CONTEMPLATION**

Not active but starting to think about becoming active.



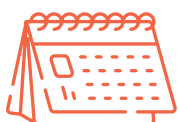
### STAGE 3: **PLANNING**

Making some plans to make the change.



### STAGE 4: **ACTION**

Doing the amount of activity they have been recommended.



### 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	No	Yes
1. I am currently doing some physical activity or exercise	0	1
2. I intend to start some physical activity or exercise in the next few weeks	0	1
<i>For activity to be considered 'regular' it should add up to 30 minutes each day and be done 5 days per week</i>		
3. I am currently doing regular physical activity or exercise	0	1
4. I have been doing regular physical activity or exercise 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