

Trans-theoretical Model of Change

Affiliation

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Prochaska and DiClemente developed the Trans-theoretical Model of change in 1983; it is an integrative, biopsychosocial model that is used in conceptualizing the processes of intentional behavioral change. This model is different from other behavior change model as it does not focus only on the various dimensions of change like the social and biological influences. The model includes an integrated key construct related to other theories to form a comprehensive approach of change that is applied to various population, behaviors and the setting, thus why it is called the Transtheoretical model (Mortada & El Twansy, 2013). This article looks at the Transtheoretical model and its application in the nursing care setting. In particular, the model will be applied in the treatment and care for an adolescent suffering from eating disorder, where the model describes several steps that the nurse can take to ensure behavior change for the adolescent patient (Mortada & El Twansy, 2013). In this regard, the article will discuss the following stages of change:

- Pre-contemplation – At this stage, the paper discusses the first stage of change where the patient is aware of the importance of changing her behavior and the health risks if they do not accept to change (Mortada & El Twansy, 2013). This will look at the challenges in the nursing practice and how the nurse can help at this stage.
- Contemplation - Here, the nurse will discuss the pros and cons of behavior change. The patient is made aware of the risks and costs to which change can produce (Christensen, 2015). The paper also discusses some of the communication skills and techniques that the nurse can use to ensure that the patient gives in to behavior change.

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- Preparation - This is the stage to which the patient will have the intention of taking action (Christensen, 2015). The article discusses some of the action plans that the nurse can come up with to ensure that the implementation of behavior change takes effect.
- Action – At this stage, the overall process of behavior change will be equated with action (Christensen, 2015). This looks at some of the issues attached to the action plan and way in which the nursing practitioner will ensure the patient follows this through.
- Maintenance - Discusses decisions that the patient and the nurse will have come up with and techniques to be used to overcome relapses (Mortada & El Twansy, 2013).

References

Christensen, D. (2015). The Health Change Trajectory Model. *Advances in Nursing Science*, 38(1), 55-67. doi:10.1097/ans.0000000000000061

Mortada, E. M., & El Twansy, M. (2013). Factors Predicting Decision to Quit Smoking among Male Smokers: Application of Transtheoretical Model. *The Egyptian Journal of Community Medicine*, 31(2), 37-54. Doi: 10.12816/0011920