

# THE TRANSTHEORETICAL MODEL (TTM)

- Prochaska & DiClemente (1983)
- for effective interventions to promote health behaviour change.
- describes how people modify a problem behaviour or acquire a positive behaviour.
- 6 stages – termination stage not falling back to old habit
- relies on self-reporting, integrates key constructs from other models
- previously been successfully applied to a wide variety of problem behaviours, including wellness programmes



# Applying The Transtheoretical Model To Exercise A Systematic

**Siddappa N.Byrareddy**



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