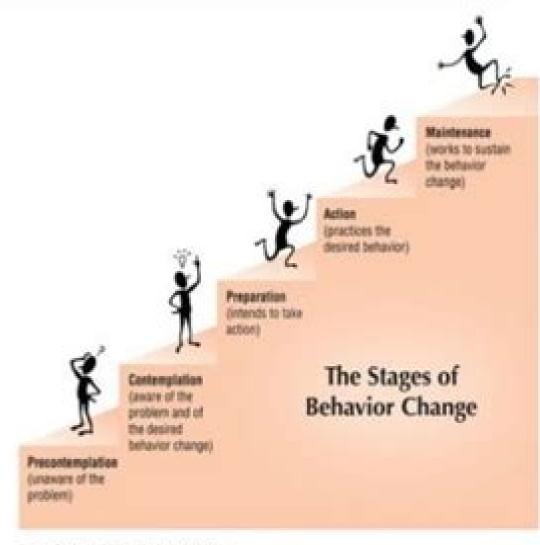
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- Prochaska & DiClemente (1983)
- for effective interventions to promote health behaviour change.
- describes how people modify a problem behaviour or acquire a positive behaviour.
- 6 stages termination stage not falling back to old habit
- relies 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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