

## **TRANSTHEORETICAL MODEL/STAGES OF CHANGE**

**Originators and professional backgrounds:** James O. Prochaska, Ph.D. & Carlo C. DiClemente, Ph.D.

**James O. Prochaska, Ph.D.** is the Director of the Cancer Prevention Research Consortium and Professor of Clinical and Health Psychology at the University of Rhode Island. He received his Ph.D. in Clinical Psychology in 1969 at Wayne State University. He has published more than 100 papers on behavioral change for health promotion and disease prevention. A recent study conducted by the Institute for Scientific Information and the American Psychological Society listed him among the 10 topmost influential authors in Psychology. He has been Principal Investigator on over \$40M in research grants on prevention of cancer and other chronic diseases. He is also a Consultant to the American Cancer Society, the Centers for Disease Control & Prevention, numerous health maintenance organizations, corporations, research journals and universities & research centers. He has been an invited speaker at many regional, national & international meetings & conferences.

**Carlo DiClemente, Ph.D.** is Chair and Professor of Psychology at the University of Maryland Baltimore County since 8/95. He is the co-developer of the Transtheoretical Model Dr. Prochaska started. He received his Ph.D. in Clinical Psychology from the University of Rhode Island in 1978. He had his Postdoctoral Fellowship in Houston, Texas in 1979. He has been a research specialist, the Chief of Alcoholism Treatment Center and Chief of Addictive Behavior and Psychosocial Research at the Texas Research Institute of Mental Sciences, Associate Professor of the Dept. of Psychiatry and Behavioral Sciences at the Univ. of Texas Medical School, Professor of the Dept. of Psychology at the Univ. of Houston. Despite of moving to Maryland, he is still a Consultant at the Sid W. Richardson Institute for Preventive Medicine of the Methodist Hospital at Houston and Faculty Associate of the School of Public Health at the Univ. of Texas Center for Health Promotion and Adjunct Professor of the Dept. of Behavioral Sciences at the Univ. of Texas.

**Approximate year of origin:** 1979

**Circumstances that led to the development of the model:** As early as the 1950's, there were already about 36 distinct systems of psychotherapy and by 1975, there were 130. At about the time Dr. Prochaska was in school studying to be a psychotherapist, his father died of alcoholism and depression. He was unable to help or understand why his father died distrusting psychotherapy.

According to Dr. Prochaska's original book on Systems of Psychotherapy: A Transtheoretical Analysis published in 1979, there were so many theories in the field of psychotherapy that this encouraged him to pursue his own research. In this book, he did a comparative analysis of 18 major theories of psychotherapy and behavioral change such as consciousness raising from the Freudian school of thought, contingency management from the Skinnerian tradition, and helping relationships from the Rogerians. Thus, the term **transtheoretical**.

The comparative analysis was limited to 18 systems because the other systems "seem to be dying a natural death with age and are best left undisturbed because they are so poorly developed that