

Stages of Change – Smoking Cessation

Purpose : Visualisation tool explaining where the individual fits along their journey of recovery

Admin time : x min variable

User Friendly : High

Administered by : GP or nurse

Content : Illustration of stages of change, with explanations of mindset, interventions and processed for each stage

Author : Prochaska JO, 1992 **access**
Adapted by CGA Toolkit Plus, 2023

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