**What is Precontemplation?**

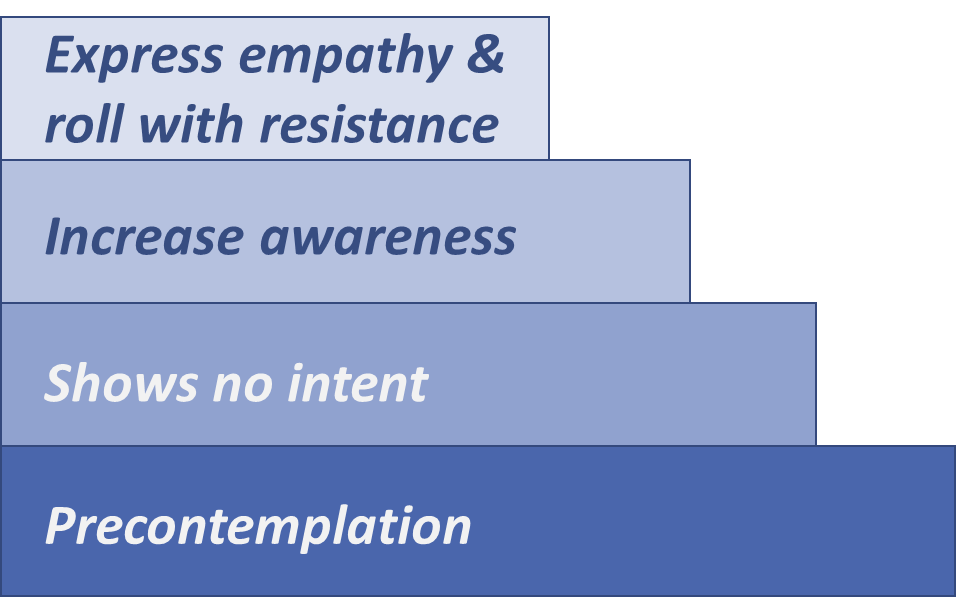
Precontemplation is the stage of when the patient is does not intend to make a change to their behavior in the next six months2

**Precontemplation- what to do?**

Someone may be in this stage because:

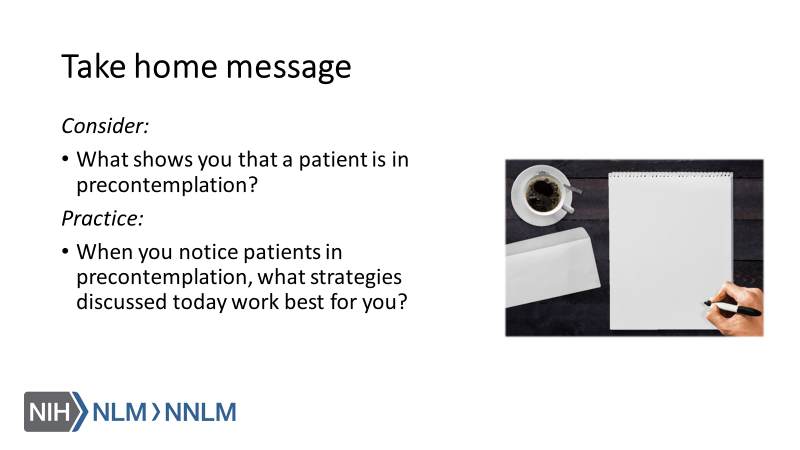
* Lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about risk
* Lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in changing3

**Core principles + OARS for someone in precontemplation**



* Express empathy1 using:
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4
  + Reflections4,5
* Roll with resistance1 using:
  + Reflections6,7

**Figure 1.** Adapted from Tuccero, Railey, Briggs & Hull (2016). Behavioral Health in Prevention and Chronic Illness Management, Primary Care: Clinics in Office Practice, 43, 191-102. doi: 10.1016/j.pop.2016.01.006



References:

1. Tuccero, Railey, Briggs & Hull (2016). Behavioral Health in Prevention and Chronic Illness Management, Primary Care: Clinics in Office Practice, 43, 191-102. doi: 10.1016/j.pop.2016.01.006
2. Glanz, K., Rimer, B. & Viswanath, K. (Eds.). (2015). *Health Behavior: theory, research and practice*. San Francisco: Jossey-Bass.
3. Constance, A. & Sauter, C. (2011). *Inspiring and Supporting Behavior Change*. United States: American Dietetic Association.
4. Gold, M., Kelly, T., Douihy, A. (2015). *Motivational Interviewing: A Guide for Medical Trainees.* New York: Oxford University Press.
5. McGinnis P., Davis M., Howk S., DeSordi M. & Thomas M. (2014). Integrating Primary Care Practices and Community-based Resources to Manage Obesity: A Bridge-building Toolkit for Rural Primary Care Practice Transformation. Rockville, MD: Agency for Healthcare Research and Quality: AHRQ Publication No. 14-0043-EF. Retrieved from [URL to source](https://www.ahrq.gov/ncepcr/tools/obesity/index.html)
6. Rollnick, S., Miller, W., Butler, C. (2008). Motivational Interviewing in Healthcare. Guilford press: New York
7. Dartmouth Psychiatric Research Center [Dartmouth]. 2009, August 6. Practice Demonstration Video - Motivational Counseling [video file]. Retrieved from [URL to Source](https://www.youtube.com/watch?v=ziH33JqCGAU&feature=related)