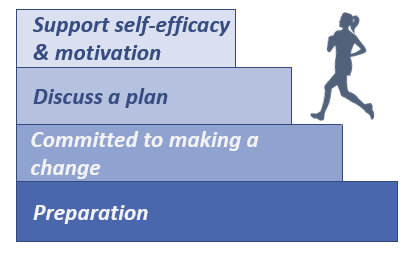
**What is preparation?**

A patient intends to take action to change a behavior soon, usually within the next month2

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



* Support self-efficacy1
  + \_\_\_\_\_\_\_\_\_\_\_\_4
* Help them identify a support or an \_\_\_\_\_\_\_\_\_\_\_\_\_ partner3
* Help them make a plan or set a goal3

**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. Stewart, E., Taylor-Post, N., Nichols L., Staton E., & Schleuning A. (2014). Community Connections: Linking Primary Care Patients to Local Resources for Better Management of Obesity. Rockville, MD: Agency for Healthcare Research and Quality; AHRQ Publication No. 14-0030-EF. Retrieved from [URL to Source](https://www.ahrq.gov/sites/default/files/publications/files/obesity-toolkit.pdf)
7. Center for Substance Abuse Treatment (1999). Enhancing Motivation for Change in Substance Abuse Treatment. Treatment Improvement Protocol (TIP) Series, No. 35. HHS Publication No. (SMA) 12-4212. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved from URL to Source