

# Brief Intervention

## Stages of Change

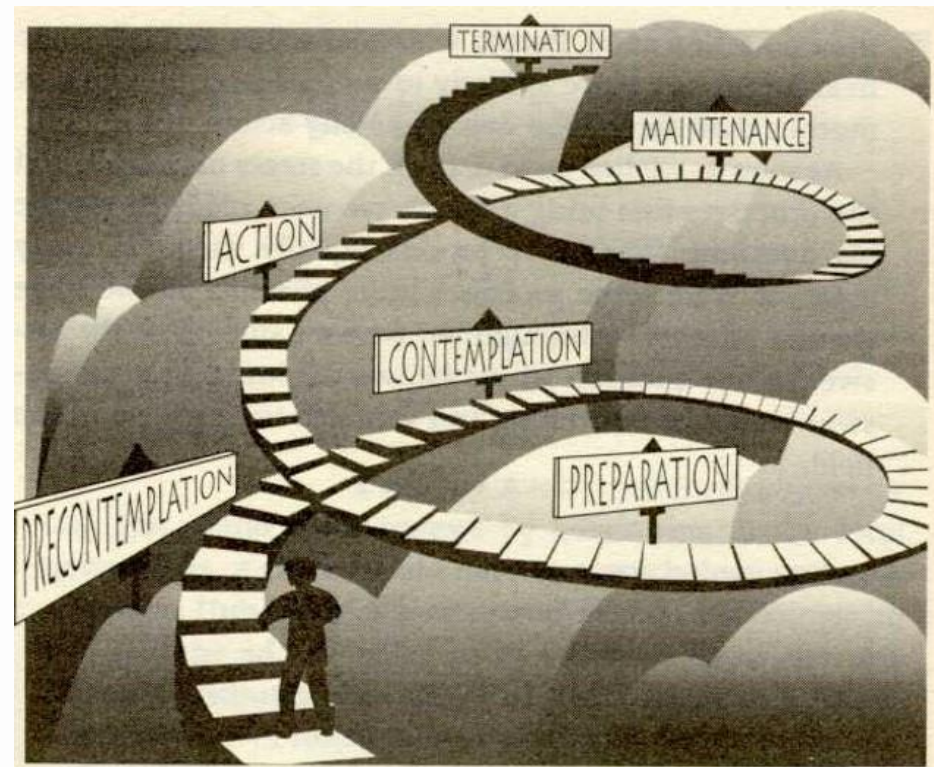


FIGURE 1. The Spiral of Change

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## Stages of Change

Stage	Characteristic
Pre-contemplation	No intention to change. Unaware of problem or possibility of successful change
Contemplation	Aware of the problem & considering a change, but no commitment to take action
Preparation	Intent to change and making small behavioral modifications toward change
Action	Taking decisive action to change
Maintenance	Working to prevent relapse and consolidate gains

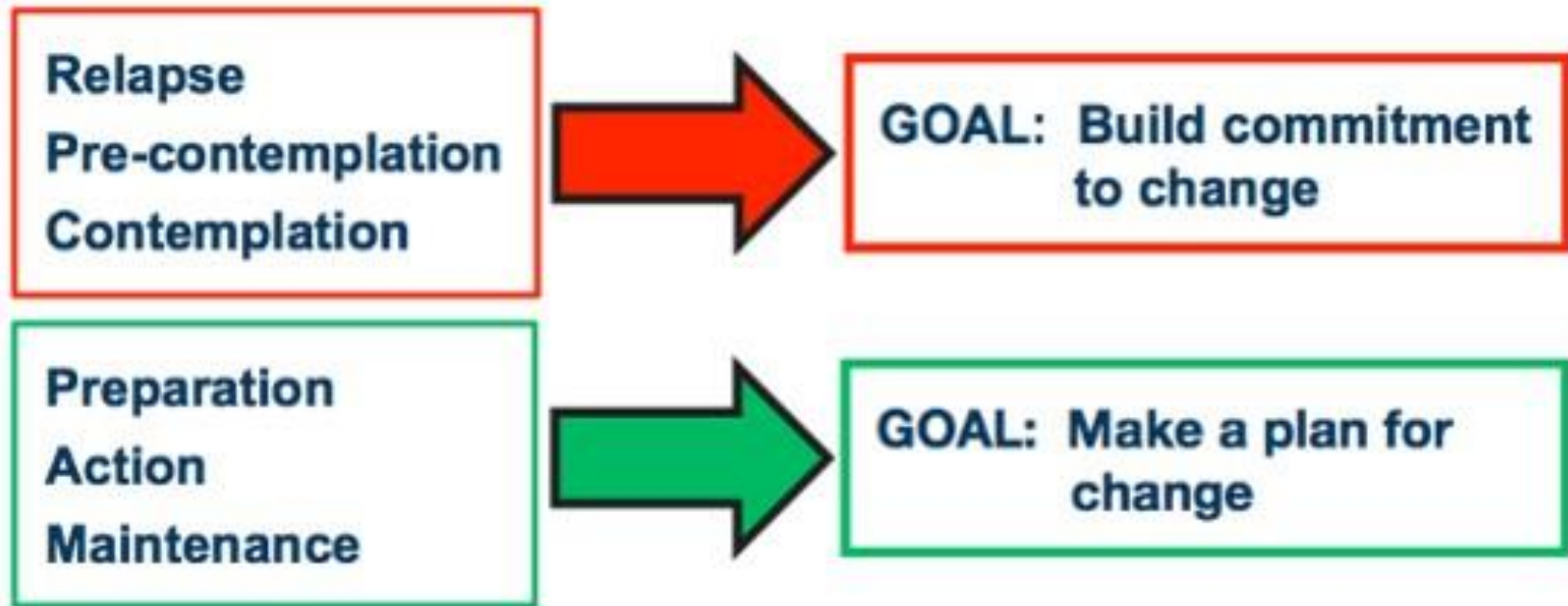
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Facilitating Change



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Goals by Stage





Your next patient is 43 yo and new to your practice coming in for back pain. They work as a landscaper and have been taking opioids as prescribed by their previous primary care physician for the last 10 years. Their previous physician recently retired. On their substance use screen today, the patient screens positive for prescription opioid misuse, having resorted to buying hydrocodone pills off a co-worker whose mother recently passed from cancer, and taking more than previously prescribed doses. You share the patient's screening results with them while discussing their medical history and ask the patient their thoughts on their opioid use. The patient states "I don't see there is any problem except my old doc retired, but now you're my new doc and that should fix that problem." The patient's current stage of change with regards to their opioid use is most likely:

A. Pre-contemplation

B. Contemplation

C. Preparation

D. Action