

# Introduction of the Transtheoretical Model and Organizational Development Theory in Weight Management: A Narrative Review

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## ABSTRACT

The transtheoretical model of behavior change is an integrative theory of treatment that analyses a person's readiness to adopt a new, healthier habit and offers solutions, or change processes, to help them do so. Stages of change, processes of change, and levels of change, self-efficacy, and decisional balance are among the constructs in the model. The transtheoretical model is also known by the acronym "TTM" and the term "stages of change," however the latter word is a synecdoche because the stages of change are only one component of the model, which also includes processes, levels of change, and so on.

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## 1. Introduction

The transtheoretical model of behavior change is an integrative theory of treatment that analyses a person's readiness to adopt a new, healthier habit and offers solutions, or change processes, to help them do so. Stages of change, processes of change, and levels of change, self-efficacy, and decisional balance are among the constructs in the model. The transtheoretical model is also known by the acronym "TTM" and the term "stages of change," however the latter word is a synecdoche because the stages of change are only one component of the model, which also includes processes, levels of change, and so on. Several self-help books, including *Changing for Good* (1994), *Chan geology* (2012), and *Changing to Thrive* (2016), as well as news pieces, have addressed this topic. The prototype it's been dubbed "perhaps the leading model of health behavior modification," with "unprecedented scientific focus" and "concurrently attracting criticism."

Prochaska and Deccredent established the Transtheoretical Model (also known as the Stages of Change Model) in the late 1970s as a result of studies comparing the experiences of smokers who quit on their own against those who needed more help to explain why some people could quit on their own. People were only allowed to stop smoking if they were ready to do so. As a result, the Transtheoretical Model (TTM) focuses on individual decision-making and is a model of deliberate transformation. The TTM is based on the premise that people do not alter their behavior fast or decisively. Rather, change in behavior, particularly habitual behavior, is a cyclical process that occurs continuously.

The TTM is a model, not a theory, and other behavioral theories and constructs can be applied to different stages of the model depending on their effectiveness. Individuals go through six stages of change, according to the TTM: pre-contemplation, contemplation, preparation, action, maintenance, and termination. Termination was not included

in the original model, and it is utilized less frequently when applying phases of change to health-related behaviors. Different intervention tactics are most effective at moving people to the next stage of change and then through the model to maintenance, the optimum level of behavior, for each stage of change. The TTM is a model, not a theory, and other behavioral theories and constructs can be applied to different stages of the model depending on their effectiveness. Individuals go through six stages of change, according to the TTM: pre-contemplation, contemplation, preparation, action, maintenance, and termination.

### 1.2 Model of Transtheoretical or Stages of Change:

**1. Pre-contemplation.** Precontemplation is the first stage of transformation. People do not consider a change during the pre-contemplation stage. Because they claim that their behavior is not a problem, people in this stage are sometimes referred to as "in denial." People at this stage may not realize that their activities are harmful, or they may be under-informed about the consequences of their actions. You may feel resigned to your current situation or believe you have little control over your actions if you're in this stage.

**2. Consideration:** People become increasingly aware of the potential benefits of making a change at this stage, but the expenses tend to stand out even more. This conflict causes a significant sense of apprehension when it comes to change. The contemplation stage of change might extend months or even years due to this ambiguity. Many people never get past the stage of reflection.

**3. Preparation:** You could start making minor changes to prepare for a major life change during the preparation stage. If you want to lose weight, for example, you may eat lower-fat foods. If you want to quit smoking, you can try switching brands or smoking fewer cigarettes each day. You might also adopt a proactive approach, such as seeing a therapist, joining a health club, or reading self-help literature. If you're in the planning stages, there are several things you can do to

increase your chances of achieving a successful life transition. Collect as much information as possible about how to alter your behavior. Make a list of statements that will inspire you. Make a list of your objectives. Find people who can offer advice and encouragement, such as support groups, counselors, or friends.

**4. Stage 4: Taking Action** People begin taking active action to achieve their goals at the fourth stage of change. Resolutions frequently fail because the preceding procedures were not given enough attention or time. Many people, for example, make a New Year's goal to lose weight and immediately begin a new fitness routine, a healthier diet, and a snack reduction plan. These decisive measures are critical to success, yet they are frequently abandoned after only a few weeks since the preceding phases were missed. If you're working toward a goal right now, congratulate and reward yourself for any positive efforts you've taken. The importance of positive reinforcement and support in maintaining beneficial changes cannot be overstated. Take the time to examine your motivations, resources, and progress on a regular basis to keep your dedication and confidence in your talents fresh.

**5. Maintenance:** The Stages of Change model's maintenance phase entails successfully avoiding old behaviors while maintaining new ones. Look for techniques to prevent temptation if you're trying to maintain a new habit. Replace negative behaviors with more good ones. When you successfully avoid a relapse, give yourself a reward. Don't be too hard on yourself or give up if you fall short. Instead, focus on the fact that it was only a minor setback. Relapses are common and are part of the process of making a lifelong transformation, as you will learn in the next stage. People grow more confident that they will be able to maintain their transformation at this point.

**6. Relapse:** Relapses are inevitable in any habit modification. When you have a relapse, you may feel like you've failed, disappointed, or frustrated yourself. While relapses are tough to overcome, the ideal option is to restart the behavior modification process at the preparation, action, or maintenance stages. You might want to reconsider your methods and resources. Reaffirm your motivation, strategy, and dedication to your objectives. Make plans for how you will handle future temptations as well. When sufficient planning and execution are not made, resolutions fail. You'll be more likely to succeed if you approach a goal with an understanding of how to best prepare, act, and maintain a new behavior.

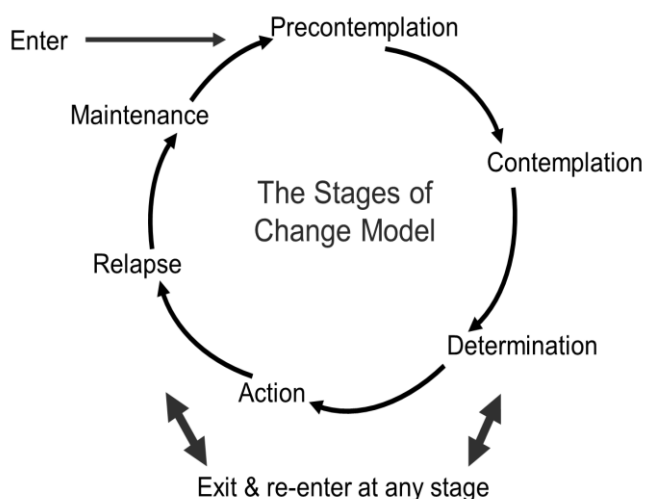


Fig 1.2. Stages of Change Model

### 1.3 The Transtheoretical Model's Importance

Creating a health intervention is a thrilling step in the health planning process. An intervention, on the other hand, does not imply that you generate ideas from the bloom and then distribute them to a population. Creating an intervention entails a lot more! Yes, being creative while developing intervention activities is a bonus, but you must grasp health theories and know how to apply them if you want your health intervention to be successful at changing a health behavior.

### 1.4 Introduction to Organizational Development Theory in Weight Management

Obesity control requires a shift in health behavior. Because of its complexity, there is a growing body of research on the factors that predict the adoption and maintenance of health behaviors, the development and testing of theories that conceptualize relationships between these factors and health behaviors, and how these factors can be implemented in effective behavior change interventions, taking into account content (techniques) and delivery characteristics. This brief survey of achievements in behavior change science ideas and approaches, with a focus on obesity management, is followed by a discussion of the study field's major obstacles.

Individual health behaviors have never been more significant than they are today, owing to their well-known effects on the prevention and management of numerous health disorders, as well as the growing significance put on individual autonomy and capacity to self-regulate one's own health. Obesity and overweight are major public health issues that must be addressed. According to the World Health Organization (WHO), 39 percent of individuals globally are overweight, and 13% are obese, resulting in a slew of health issues as well as higher healthcare expenses. A recent meta-analysis led by our research lab that looked at the prevalence of weight-control attempts worldwide (72 studies; n = 1,189,942) found that 42 percent of adults in the general population and 44 percent of ethnic minorities are attempting to lose weight, with 23 percent attempting to maintain their weight. Behavioral therapies that target changes in food and physical activity are the cornerstone of weight-loss and health-improvement programmes in overweight and obese people, and they appear to be beneficial in the short term.

One reaction to the pressing need to understand the complexity behind individuals' decisions and engagement in activities that affect their health and well-being, including sustainable weight management, is the creation and rapid growth of the health behavior change profession. If scaled up and carefully targeted, health behavior change interventions (HBCIs) have the potential to enhance the health of populations, taking into account problems such as difficulty and desire for change. Because interventions are intended for use in the actual world, context sensitivity is essential. In other words, the success of an intervention is determined by its ability to effectively respond to a problem in a given setting for a certain target demographic and with a specific behavioral result in mind.

We will present some of the most current research topics in the field of health behavior change, with a focus on the management of obesity, in this short narrative review, including i) the use of formal theories and proper consideration of their mechanisms of action, ii) the selection of behavior changes techniques included in HBCIs, and iii) the use of technology to promote sustained behavior change.

### 1.5 Conclusion

The Stages of Change Model can be a helpful tool for recognizing and understanding change in yourself and others. While the Stages of Change Model has significant limitations, it can help you picture how you go through changes so you know what to expect when trying to break a habit. In the realm of weight management, there is a body of scientifically rigorous research aimed at identifying and improving our understanding of how to effectively create, implement, and assess HBCIs. By constructing diverse taxonomies and frameworks, researchers have investigated effective ways of 'speaking the same language' and making knowledge accessible to interventionists. While there has been significant progress in this area, there are still many questions to be answered and obstacles to overcome, as seen by the variety of HBCI effects and the restricted results of meta-analyses analyzing interactions between intervention aspects. Michael and colleagues' Human Behavior-Change Project is an

example of contemporary initiatives in the field of health behavior change science to promote evidence-based practice.

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