

TRANSTHEORETICAL MODEL (TTM)

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a five-phase theory to describe alterations in individual's health behaviors. It proposes that change takes time, also that many different interventions are effective at many different phases, and additionally that there are many outcomes happening across the phases.

TRANSTHEORETICAL MODEL (TTM): "The transtheoretical model was cultivated by James O. Prochaska, an American clinical psychologist."

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