

DH111--Psychology for the Healthcare Professional  
Online Article Critique  
August 18, 2024

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**Transtheoretical model stages of change for dietary and physical exercise modification in weight loss management for overweight and obese adults**

**SUMMARY**

**Purpose:**

In the context of global public health, obesity poses a serious threat. Although transtheoretical stages of change (TTM SOC) have long been considered an effective interventional approach for lifestyle modification, its effectiveness in achieving sustained weight loss in overweight and obese individuals varies significantly. The objective of this study is to determine if evaluating the effectiveness of dietary interventions, physical activity interventions, and other interventions based on the transtheoretical model (TTM) stages of change (SOC), produce sustainable weight loss for overweight and obese adults over the course of one year.

**Method:**

The authors of this article gathered studies from various electronic bibliographic databases, including The Cochrane Library, MEDLINE, EMBASE, and PsycINFO. They reached out to the authors of the studies they found and asked them questions based on their trials. Their search included studies in any language, with a duration of one to 12 months or longer, that described the intervention using the transtheoretical stages of change model and met the criteria (pre-contemplation, contemplation, preparation, action, and maintenance). The studies had to be conducted by healthcare professionals or trained individuals and focused on overweight or obese participants.

**Results/Conclusion:**

In evaluating the transtheoretical model stages of change (TTM SOC) for weight management in adults with overweight and obesity, this review found limited but suggestive evidence. Across

heterogeneous studies in hospital and community settings, TTM SOC interventions showed potential benefits in improving dietary habits, such as reducing dietary fat and increasing fruit and vegetable intake. However, the evidence quality was generally low, with uncertain effects on sustained weight loss over 12 to 24 months. Physical activity also saw modest improvements. The review underscores the need for more robust, well-designed trials to conclusively assess TTM SOC's efficacy in promoting long-term health outcomes and guiding effective weight management programs.

#### **Questions For Discussion**

1. How can you prevent bias caused by participants lowering the intensity of their habits while still reporting them as significant changes?
2. How does the effectiveness of transtheoretical model (TTM) stages of change (SOC) interventions compare with more traditional approaches like usual advice on diet and physical activity? Is there a clear advantage?

## LITERATURE CITED

Mastellos N, Gunn LH, Felix LM, Car J, Majeed A. Transtheoretical model stages of change for dietary and physical exercise modification in weight loss management for overweight and obese adults. *Cochrane Database Syst Rev* [Internet]. 2014 Feb [cited 2024 Aug 12].

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