Review: lasting health behaviour changes began with critical self appraisal and small steps that led to an identity shift


What are the key influences and processes that enable people to make lasting health behaviour changes (eg, in diet, exercise, smoking cessation, and substance abuse recovery)?

DATA SOURCES
Studies were identified by searching CINAHL, Medline, Sociofile, and PsycLIT and by hand searching relevant journals (to 2000).

STUDY SELECTION AND ASSESSMENT
Articles or dissertations were selected if they were qualitative reports, addressed turning points or a process of change in health behaviour over time, and were grounded in or supported by observational or verbatim qualitative data. 2 reviewers independently coded study findings in categories of main concept, pre-change influences, turning point, and steps in the change process. Categories were refined through discussion as inductive coding and analysis unfolded.

MAIN FINDINGS
14 studies (399 participants, 73% women; 6 studies on weight loss and cardiovascular risk reduction, 6 on substance abuse recovery, and 2 on smoking cessation) were included. Distressing accumulated evidence. The process of health behaviour change began with awareness of a growing body of distressing evidence that was incongruent with personal goals and values (eg, memory lapses, auto accidents, or loss of custody of children for substance abusers). Conflict with longstanding values or goals prompted self appraisal, described as taking a hard look at myself. This critical self appraisal, not the specific crisis, was the turning point that initiated behaviour change. Constraints that might interfere with critical self appraisal included the need for stability in life, perceptual impairment, accommodating personal norms, insufficient time to stop for self appraisal, social isolation, and social pressure to maintain the status quo. One small step. The important step in launching behaviour changes was a small, tentative first effort that, if successful, enabled further change. Noticeable rewards of the first small change helped people believe that continued change was possible. If the small step failed, people would either seek another approach to change or readjust to accommodate the current status quo. Seeing myself in a new light. The ability to take on a new personal and social self helped sustain behaviour changes and occurred gradually. Insight into motivating and sustaining the change helped people shift their thinking. Walking the walk, talking the talk. People added new behaviours to help sustain behavioural changes and used self talk to maintain their focus on the desired behaviour and goals. Avoiding the undesired behaviour often required assertiveness that was new to their identity. Taking control of their environment was important for promoting change.

CONCLUSION
Making a behaviour change that lasted >6 months involved a critical reappraisal of self and situation, which was the first turning point that led to small change. If this small change was successful, it produced positive indicators of a possible new identity, which led to more behaviour changes over time.

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