

## Processes of Change

Reference (see below)	Population Studied	Behavior Version	Version Length	Reliability Cronbach's Alphas
Prochaska, et. al (1988)	N=970	Smoking	40 item	.69-.92 for each of 10 subscales
Project DELTA, unpublished	N=497	Reduced Drinking	20 item	Behavioral Subscale (.85), Experiential Subscale (.83), Total Scale (.91)
VonSternberg (2005)	N=2029	Alcohol	40 item	.82-.85 for each of 10 subscales
VonSternberg (2005)	N=2029	Alcohol	20 item	.75-.85 for each of 10 subscales
Tejero, et. al (1997)	N=178	Drug	40 item	.34-.79 for each of 10 subscales (most between .60-.70), Total Scale (.87)

Prochaska, J.O., Velicer, W.F., DiClemente, C.C., and Fava, J.L. (1988). Measuring the process of change: Applications to the cessation of smoking. *Journal of Consulting and Clinical Psychology*, 56, 520-528.

VonSternberg, K. (2005). Comparing the factorial structure, invariance, and predictive validity of Transtheoretical model constructs for alcohol use across restricted and unrestricted settings. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 66, 3094).

Tejero, A., Trujols, J., Hernandez, E., Perez de los Cobos, J., and Casas, M. (1997). Processes of change assessment in heroin addicts following the Prochaska and DiClemente transtheoretical model. *Drug and Alcohol Dependence*, 47, 31-37.