

Ending Intimate Partner Violence: An Application of the Transtheoretical Model

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Objective: To examine the application of the transtheoretical model (TM) to women's experiences of ending intimate partner violence (IPV). **Methods:** Qualitative interviews were conducted with 23 abused women. **Results:** Women use 7 traditional processes of change. Women in early stages of change use cognitive processes. Women in later stages use behavioral processes. Consciousness-raising and social liberation appear in both early and later stages. Help-

ing relationships are critical throughout. Decisional balance and self-efficacy are also related. **Conclusions:** Women ending IPV do use the TM processes and constructs of change. These findings support the development and evaluation of a TM stage-based IPV intervention.

Key words: females, intimate partner violence, domestic violence, stages of change, transtheoretical model

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