

Transtheoretical Model of Change Among Hospitalized African American Smokers

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Objective: To examine predicted relationships among transtheoretical model of change measures in a sample of 211 low-income, African American hospitalized smokers. **Methods:** We used discriminant analysis to examine differences in decisional balance and self-efficacy across stages of change for quitting. **Results:** Differences in decisional balance and self-efficacy were concurrent with stage differences. The function discriminated among all 3 stages

with the clearest differences between precontemplation and preparation. **Conclusion:** Although results with this specialized sample are not generalizable, they add to the evidence that transtheoretical model of change variables are robust across populations.

Key words: transtheoretical model of change, smoking, measures, African American, self efficacy

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