

Applying the Transtheoretical Model to Cancer Screening Behavior

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Objective: To provide a comprehensive review of published research on the application of the transtheoretical model (TTM) to cancer screening behavior. **Methods:** Studies were categorized by design, given an internal validity rating where appropriate, and rated. **Results:** Forty-two studies were reviewed. Stage-matched mammography interventions were supported; however, the body of literature was of limited size.

Research on the TTM as it applies to other cancer screenings is sparse. **Conclusions:** Stage-of-change and decisional balance appear to apply to mammography. More validation research is needed on the application of the TTM to all cancer screening behaviors.

Key words: transtheoretical model, cancer screening, mammography, sun avoidance, colonoscopy, sigmoidoscopy, PSA

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