

Abrams[43]: Expanded Stages of Change (SOC) model	Callaghan[44]: Expanded Stages of Change (SOC) & Processes of Change (POC) models (TTM)	Oldenburg[45]: Expanded Stages of Change (SOC) model	Hu[46]: Adapted Theory of Planned Behaviour (TPB)	Conrad[47]: Adapted Health Belief Model (HBM)	<u>Themes for framework</u>
Enabling factors: Degree of awareness  Reinforcing or mediating factors: Awareness		Pre-contemplation: Unaware of a problem or need to change	Attitude toward behaviour: positive and negative feelings about smoking		Beliefs about smoking
Knowledge / attitudes	POC: Consciousness-raising: Efforts by the individual to seek new information and to gain understanding and feedback about the problem behavior / observations, confrontations, interpretations, bibliotherapy  Self-reevaluation: Emotional and cognitive reappraisal of values by the individual with respect to the problem behavior, imagery, corrective emotional experience	Decisional balance: Pros and cons of smoking (Velicer 1988)	Attitude toward behaviour: Positive and negative feelings about smoking  Past behaviour (p.227): Previous quit attempts	Perceived susceptibility to a disease  Perceived seriousness of disease	Perceived pros and cons of smoking
Organisational factors: Perceived norms	Stimulus control: Control of situations and other causes which trigger the problem behavior / adding stimuli that encourage alternative behaviors, restructuring the environment, avoiding high risk cues		Subjective norm: Perceptions of social pressure to quit from colleagues or for / from family		Perceived norms regarding smoking
Motivation to attempt change	Self-liberation: Choice and commitment to change the problem behavior	Contemplation: Beginning to consider benefits of change Preparation: Ready to change; starting to set goals	Priority of performing behaviour (quitting): It is / is not important to me; I see it as urgent, to be done soon vs no rush	Cue-to-action variable (variable which moves the individual from contemplation to action)	Priority of quitting
Reinforcing or mediating factors: Self-efficacy	Self-liberation: including belief in the ability to change	Self-efficacy (from Social Cognitive Theory, Bandura 1986): a person's confidence in their ability to take action and persist in action	Perceived behavioural control:  Perceived self-efficacy and perceived difficulty	Perceived benefits of taking the path  Perceived barriers of taking the path	Perceived ability to quit