Stages for Each of the 12 Problem Behaviours Weight control -Sunscreen use -Smoking cessation -Safer sex -Radon gas exposure -Stage.of.Change Maintenance Quitting cocaine -Action Preparation Physicians'practices -Contemplation Precontemplation Mammography screening -High fat diet -Exercise acquisition -Condom use -Adolescent delinquency -50 25 75 100

Frequencies