

Appendix D: Change in Stage of Change by Risk, Pilot-Testing (n=6)

RISK	INITIAL STAGE	Initial Value	ENDING STAGE	Ending Value	Direction of Change	Amount of Change
Alcohol	ACTION	4	action	4	Same	0
At risk for an STI	CONTEMPLATION	2	maintenance	4	Forward	2
At risk for an STI	PREPARATION	3	contemplation	2	Backward	-1
At risk for Hepatitis B	CONTEMPLATION	2	contemplation	2	Same	0
At risk for Hepatitis C	CONTEMPLATION	2	maintenance	4	Forward	2
At risk for Hepatitis C	PREPARATION	3	precontemplation	1	Backward	-2
At risk for Tuberculosis (TB)	CONTEMPLATION	2	maintenance	4	Forward	2
At risk for Tuberculosis (TB)	MAINTENANCE/ACTION	4	maintenance	4	Same	0
Bad diet or food choices	PREPARATION	3	precontemplation	1	Backward	-2
Ethnicity-Based Health Risk	CONTEMPLATION	2	maintenance	4	Forward	2
Ethnicity-Based Health Risk	ACTION/MAINTENANCE	4	preparation	3	Backward	-1
Exposure to Mercury	CONTEMPLATION	2	action	4	Forward	2
Health problem that runs in the family	PREPARATION	3	maintenance	4	Forward	1
Household chemicals	PREPARATION	3	preparation	3	Same	0
Listeriosis	PREPARATION	3	precontemplation	1	Backward	-2
Medicines	ACTION/MAINTENANCE	4	Action/Maintenance	4	Same	0
Multivitamin with Folic Acid	ACTION	4	maintenance	4	Same	0
Multivitamin with Folic Acid	CONTEMPLATION	2	action (1 month)	4	Forward	2
Multivitamin with Folic Acid	PREPARATION	3	maintenance	4	Forward	1
Multivitamin with Folic Acid	PREPARATION	3	contemplation	2	Backward	-1
Multivitamin with Folic Acid	PREPARATION	3	maintenance	4	Forward	1
Multivitamin with Folic Acid	MAINTENANCE	4	Maintenance	4	Same	0
Need HPV Vaccine	CONTEMPLATION	2	precontemplation	1	Backward	-1
Need HPV Vaccine	PREPARATION	3	contemplation	2	Backward	-1
Need more Calcium	PREPARATION	3	action (1 month)	4	Forward	1
Need more Calcium	PRECONTEMPLATION	1	Action/Maintenance	4	Forward	3
Need more Iron	CONTEMPLATION	2	action (1 month)	4	Forward	2
Need more Omega-3 Fatty Acids	PREPARATION	3	contemplation	2	Backward	-1
Need more Vitamin D	CONTEMPLATION	2	maintenance	4	Forward	2
Need more Vitamin D	ACTION	4	maintenance	4	Same	0
Need Tetanus (Td) Vaccine	PREPARATION	3	maintenance	4	Forward	1

RISK	INITIAL STAGE	Initial Value	ENDING STAGE	Ending Value	Direction of Change	Amount of Change
Need to go to the dentist	CONTEMPLATION	2	contemplation	2	Same	0
Need to go to the dentist	PREPARATION	3	precontemplation	1	Backward	-2
Not been tested for an STI	PREPARATION	3	contemplation	2	Backward	-1
Not born in the United States	ACTION/MAINTENANCE	4	maintenance	4	Same	0
Over-the-Counter Medicines	ACTION/MAINTENANCE	4	Action/Maintenance	4	Same	0
Overweight	ACTION/MAINTENANCE	4	action/maintenance	4	Same	0
Partner has not talked to doctor about his Reproductive Life Plan	ACTION/MAINTENANCE	4	action	4	Same	0
Partner has not been to doctor in last year	PREPARATION	3	action	4	Forward	1
Personal History of Health Condition	PREPARATION		NA*	NA*	NA*	
Plastic Water Bottles	PREPARATION	3	maintenance	4	Forward	1
Too much Vitamin A	ACTION	4	maintenance	4	Same	0
Toxoplasmosis	PREPARATION	3	precontemplation	1	Backward	-2
Total # risks= 43		125		134	F = 16	9
Total # unique risks = 30					B = 12	
n = 6					S = 14	
					NA = 1	