

Appendix E: Overview of Stage of Change Results

Table 1. Initial stage of change and distribution of final stage of change (all risks discussed)

Initial stage	# Risks	% Total	# ending at precontemplation	%	# ending at contemplation	%	# ending at preparation	%	# ending at action/maintenance	%	Self-reported not a risk
Precontemplation	16	23.88%	5	31.25%	3	18.75%	0	0.00%	4	25.00%	4
Contemplation	12	17.91%	1	8.33%	2	16.67%	0	0.00%	8	66.67%	1
Preparation	21	31.34%	5	23.81%	6	28.57%	1	4.76%	7	33.33%	2
Action/Maintenance	18	26.87%	1	5.56%	0	0.00%	1	5.56%	13	72.22%	3
All risks discussed (added and not added to "My Health To-Do List")	67	100.00%	12	17.24%	11	16.00%	2	2.58%	32	49.31%	10

Table 2. Initial stage of change and distribution of final stage of change (only risks added to My Health To-Do List)

Initial stage	# Risks	% Total	# ending at precontemplation	%	# ending at contemplation	%	# ending at preparation	%	# ending at action/maintenance	%	Self-reported not a risk
Precontemplation	1	2.33%	0	0.00%	0	0.00%	0	0.00%	1	100.00%	0
Contemplation	11	25.58%	1	9.09%	2	18.18%	0	0.00%	8	72.73%	0
Preparation	19	44.19%	5	26.32%	5	26.32%	1	5.26%	7	36.84%	1
Action/Maintenance	12	27.91%	0	0.00%	0	0.00%	1	8.33%	11	91.67%	0
All risks added to "My Health To-Do List"	43	100.00%	6	8.85%	7	11.12%	2	3.40%	27	75.31%	1