

Proven Results

from programs created by industry leaders and backed by over 35 years of research

Who We Are

Pro-Change is an internationally recognized behavior change company, founded by James O. Prochaska, Ph.D., one of the lead developers of the **Transtheoretical Model**.

What We Offer

We provide award-winning, mobile-optimized interactive behavior change solutions delivered through a variety of technologies.

Our evidence-based solutions are developed through rigorous research funded primarily by the National Institutes of Health and can be integrated with partner's offerings.

How It Works

The Pro-Change LifeStyle Management Suite recognizes change as a process that unfolds over time through a series of Stages of Change.

Proven Results

The results of large randomized studies demonstrate again and again that LifeStyle Management Program participants successfully adopt healthy behaviors.

Find out how you can achieve similar results.

401-360-2980

www.prochange.com



Wherever you are, we can work with that™



STRESS

1,085 participants

62%

effectively managed their stress

(18-month follow-up) Evers et al., 2006



WEIGHT

1,277 participants

30%

lost 5% or more of body weight

(24-month follow-up) Johnson et al., 2008



DEPRESSION

350 participants

73%

experienced reduction in symptoms

(9-month follow-up) Levesque et al., 2011



EXERCISE

967 participants

57%

met national guidelines for regular exercise

(6-month follow-up) Prochaska et al., 2008



MED ADHERENCE

1,227 participants

73%

adhered to anti-hypertensive med regimen

(12-month follow-up) Johnson et al., 2006



SMOKING CESSATION

446 participants

26%

successfully quit smoking

(3-month follow-up)



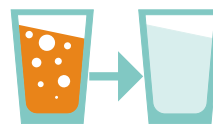
ALCOHOL

973 participants

51%

reduced their drinking to low-risk limits

(18-month follow-up)



In addition to these results, Pro-Change programs impact multiple behaviors, multiple domains of well-being, and productivity.