

# «L'ONDA DEL CAMBIAMENTO»

## La sperimentazione dello strumento

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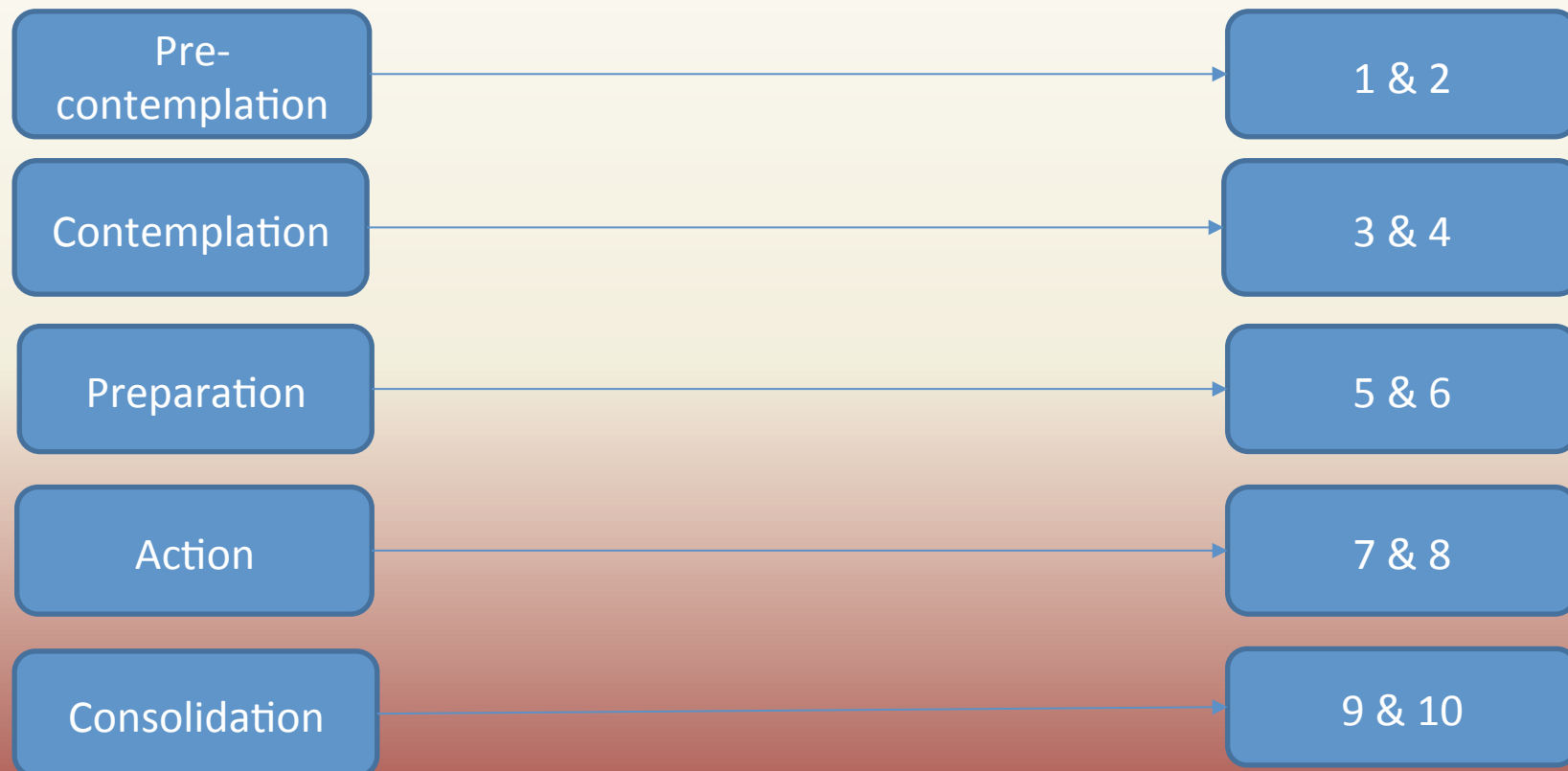
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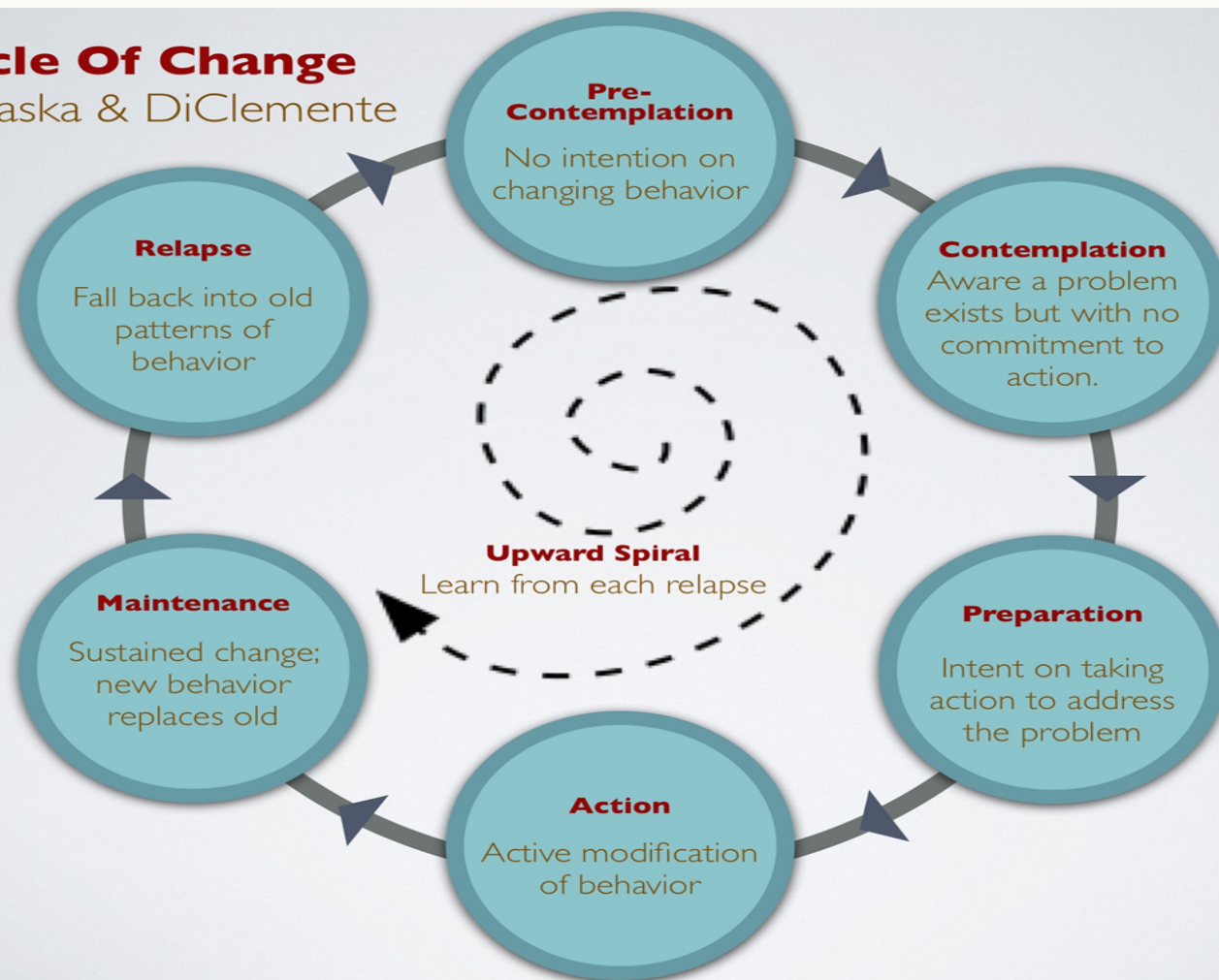
# L'Onda Del Cambiamento

is an instrument to measure change in various aspects of people's lives – 'domains' of activity such as 'cura di se' or 'salute' or 'relazioni'

The stages of each domain are mapped across  
to the stages of the Cycle of Change:



## Cycle Of Change Prochaska & DiClemente



# Change

- Is internal – perspectives, attitude, self-esteem, sense of capability, self-belief, relationship with self
- And external – behaviours, activities, appearance, relationships with others

## Internal change

Psychological and emotional wellbeing can be summed up by the idea of increasing resilience – the capacity to successfully manage feelings, relationships, and sense of self and self-worth in the face of the changing fortunes of life

Measured by the evidence-based Resilience Scale

# External Change

- Measured by the domains of L'Onda del Cambiamento
- Aligned with the evidence-based 'Cycle of Change'

## People don't need (much) change across *all* domains of their lives

- Evidence from the pilots:
- 73.2% of scores in pilots were 6-10.....26.8% were <5
- But 80% of people had 2 or 3 scores of <5
- 55% scored <5 in terms of relationships



# L'Onda del Cambiamento

- Assesses across all domains
- Is person-centred, focusing on people's aspirations and on change in the areas of their lives where they have scores of <5
- Is evidence-based, linked to research on processes of change and on psychological and emotional wellbeing

# Grazie

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