

Methods of changing behaviour

■ Behaviour change techniques (BCTs)

- smallest component of an intervention compatible with retaining the postulated **active ingredients**, and
- used **alone or in combination** with other BCTs.

■ Involves

- **Context** e.g.
 - Home
 - Clinic ...
- **Delivery** e.g.
 - Face-to-face, Group
 - Letter, Email ...
- **Intensity** e.g.
 - Once vs monthly
 - 1 minute vs 3 hours

Michie, S., Richardson, M., Johnston, M., Abraham, C., Francis, J., Hardeman, W., ... & Wood, C. E. (2013). The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions. *Annals of behavioral medicine*, 46(1), 81-95.

Taxonomy Of Behaviour Disturbance

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Taxonomy Of Behaviour Disturbance:

Taxonomy Of Behaviour Disturbance Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Taxonomy Of Behaviour Disturbance**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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