Unlocking Behaviour Change

A one-day workshop on helping people change their behaviour

Quiz

Answers to this quiz can be found in the slideshow: Unlocking behaviour Change

Milestones in behaviour change

1. What is behaviour change?
2. Behaviour change to improve people's lives typically involves what two types of activity?
3. What are the four milestones of individual behaviour change?
4. When helping someone decide what to change what the four points that need to be addressed?
5. What are two key tips for helping someone decide what to change?
6. When helping someone plan what to change what are the four points that need to be addressed?
7. What are two key tips for helping someone planning to change?
8. When helping someone get going in changing behaviour what are the four points that need to be addressed?
9. What are two key tips for helping someone getting going?
10. When helping someone keep going what are the four points that need to be addressed?
11. What are two key tips for helping someone keeping going?

COM-B

1. What does COM-B stand for?
2. Complete this sentence in terms of COM-B: 'Behaviour occurs when someone has the ? and the ? and the ? to do the behaviour is greater than the ? to do something else'
3. What are some examples of the kinds of things that come under the C of COM-B?
4. What are some examples of the kinds of things that come under the O of COM-B?
5. What are some examples of the kinds of things that come under the M of COM-B?
6. What are some examples of the kinds of things that come under the B of COM-B?
7. What do the arrows in the COM-B diagram signify?

Behaviour Change Techniques

1. What is a behaviour change technique (BCT)?
2. Give three examples of BCTs that can help improve capability?
3. Give three examples of BCTs that can help improve opportunity?
4. Give three examples of BCTs that can help address motivation?
5. Give three examples of BCTs that can help with supportive behaviours?
6. Give three examples of things you need to think about when deciding whether to use a BCT