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| **Applying the Behaviour Change Wheel to Health Behaviour Interventions** |
| **Objectives**  A skill-based workshop led by experts in the practical use of theory-driven health and environmental interventions. The interactive workshop will be an introduction to the Behaviour Change Wheel (BCW) and the associated COM-B model.   1. To engage health and/or environment professionals/researchers in using the COM-B model to make a behavioural diagnosis than impacts on health inequity/environmental issues 2. To enable health professionals/researchers working in health inequities/environment to have basic skills to use the BCW to guide intervention development.   **Format**  The BCW is a parsimonious model developed from 19 behavioural models. It has at its core a model of behaviour known as COM-B (‘capability’, ‘opportunity’, ‘motivation’, ‘behaviour’). (1) The model recognises that behaviour is part of an interacting system involving all these components. Changing behaviour will involve changing one or more of these in such a way as to put the system into a new configuration and minimise the risk of it reverting. The BCW identifies different intervention options that can be applied to changing each of the COM-B components, and policies that can be adopted to deliver those intervention options.  The workshop will demonstrate how the COM-B and BCW have been effectively used for a range of health and environmental behavioural diagnoses and interventions. The participants will participate in analysing given scenarios in small groups, and receive feedback on their ideas. Participants will then choose a health or environmental challenge to tackle, to practice how the BCW can be applied to a real-world problem of their choosing.  **Learning goals**   1. Identify and analyse key behaviours in context, describing how capability, opportunity and motivation interact to support behaviour change 2. Identify behavioural targets for change using the COM-B model 3. Apply the BCW to develop a strategy for behaviour change 4. Apply the BCW to a chosen project   **Reference**:   1. Michie S, Atkins L, West R. The Behaviour Change Wheel - A guide to designing interventions. Great Britain: Silverback Publishing; 2014. |