Core and supplementary behaviour change techniques for supporting the self-management of seven high priority chronic diseases

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Core set of behaviour change techniques (BCTs) applicable to five target behaviours in seven high priority chronic diseases

BCT	Definition (Michie et al., 2013)
1.1 Goal setting (behaviour)	Set or agree on a goal defined in terms of the behaviour to be achieved
1.2 Problem solving	Analyse, or prompt the person to analyse, factors influencing the behaviour and generate or select strategies that include overcoming barriers and/or increasing facilitators
1.3 Goal setting (outcomes)	Set or agree on a goal defined in terms of a positive outcome of wanted behaviour
1.4 Action planning	Prompt detailed planning of performance of the behaviour (must include at least one of context, frequency, duration and intensity). Context may be environmental (physical or social) or internal (physical, emotional or cognitive) (includes 'Implementation Intentions')
1.5 Review behaviour goal(s)	Review behaviour goal(s) jointly with the person and consider modifying goal(s) or behaviour change strategy in light of achievement. This may lead to re-setting the same goal, a small change in that goal or setting a new goal instead of (or in addition to) the first, or no change
1.6 Discrepancy between current behaviour and goal	Draw attention to discrepancies between a person's current behaviour (in terms of the form, frequency, duration, or intensity of that behaviour) and the person's previously set outcome goals, behavioural goals or action plans (goes beyond self-monitoring of behaviour)
1.7 Review outcomes goal(s)	Review outcome goal(s) jointly with the person and consider modifying goal(s) in light of achievement. This may lead to resetting the same goal, a small change in that goal or setting a new goal instead of, or in addition to the first
2.2 Feedback on behaviour	Monitor and provide informative or evaluative feedback on performance of the behaviour (e.g., form, frequency, duration, intensity)
2.3 Self-monitoring of behaviour	Establish a method for the person to monitor and record their behaviour(s) as part of a behaviour change strategy
2.4 Self-monitoring of outcome(s) of behaviour	Establish a method for the person to monitor and record the outcome(s) of their behaviour as part of a behaviour change strategy
2.6 Biofeedback	Provide feedback about the body (e.g. physiological or biochemical state) using an external monitoring device as part of a behaviour change strategy
2.7 Feedback on outcome(s) of behaviour	Monitor and provide feedback on the outcome of performance of the behaviour
3.1 Social support (unspecified)	Advise on, arrange or provide social support (e.g. from friends, relatives, colleagues,' buddies' or staff) or noncontingent praise or reward for performance of the behaviour. It includes encouragement and counselling, but only when it is directed at the behaviour

BCT	Definition (Michie et al., 2013)
3.2 Social support (practical)	Advise on, arrange, or provide practical help (e.g. from friends, relatives, colleagues, 'buddies' or staff) for performance of the behaviour
3.3 Social support (emotional)	Advise on, arrange, or provide emotional social support (e.g., from friends, relatives, colleagues, 'buddies' or staff) for performance of the behaviour
4.1 Instruction on how to perform a behaviour	Advise or agree on how to perform the behaviour (includes 'Skills training')
5.1 Information about health consequences	Provide information (e.g., written, verbal, visual) about health consequences of performing the behaviour
8.3 Habit formation	Prompt rehearsal and repetition of the behaviour in the same context repeatedly so that the context elicits the behaviour
11.2 Reduce negative emotions	Advise on ways of reducing negative emotions to facilitate performance of the behaviour (includes 'Stress Management')
12.1 Restructuring the physical environment	Change, or advise to change the physical environment in order to facilitate performance of the wanted behaviour or create barriers to the unwanted behaviour (other than prompts/cues, rewards and punishments)
12.5 Adding objects to the environment	Add objects to the environment in order to facilitate performance of the behaviour

Supplementary behaviour change techniques (BCTs) per target behaviours in seven high priority chronic diseases

Diet	Physical activity	Medication adherence	Smoking cessation	Symptom monitoring and management	BCT definition (Michie et al., 2013)
6.1 Demonstration of the behaviour	6.1 Demonstration of the behaviour				Provide an observable sample of the performance of the behaviour, directly in person or indirectly e.g., via film, pictures, for the person to aspire to or imitate (includes 'Modelling').
7.1 Prompts/cues	7.1 Prompts/cues	7.1 Prompts/cues		7.1 Prompts/cues	Introduce or define environmental or social stimulus with the purpose of prompting or cueing the behaviour. The prompt or cue would normally occur at the time or place of performance
8.1 Behavioural practice/rehearsal	8.1 Behavioural practice/rehearsal	8.1 Behavioural practice/rehearsal			Prompt practice or rehearsal of the performance of the behaviour one or more times in a context or at a time when the performance may not be necessary, in order to increase habit and skill
8.7 Graded tasks	8.7 Graded tasks	8.7 Graded tasks			Set easy-to-perform tasks, making them increasingly difficult, but achievable, until behaviour is performed
9.2 Pros and cons	9.2 Pros and cons	9.2 Pros and cons	9.2 Pros and cons		Advise the person to identify and compare reasons for wanting (pros) and not wanting to (cons) change the behaviour (includes 'Decisional balance')
	11.1 Pharmacological support				Provide, or encourage the use of or adherence to, drugs to facilitate behaviour change
12.3 Avoidance/reducing exposure to cues for the behaviour			12.3 Avoidance/reducing exposure to cues for the behaviour		Advise on how to avoid exposure to specific social and contextual/physical cues for the behaviour, including changing daily or weekly routines
	13.1 Identification of self as role model				Inform that one's own behaviour may be an example to others

References

Michie, S., Richardson, M., Johnston, M., Abraham, C., Francis, J., Hardeman, W., Eccles, M. P., Cane, J., & 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. https://doi.org/10.1007/s12160-013-9486-6