



Behaviour Change Competencies

BC1 Knowledge of health behaviour and health beliefs

BC2 Knowledge of appropriate behaviour change models/theories

BC3 Knowledge of relevant behaviour change techniques

BC4 Knowledge of clinical features of chronic diseases and target behaviours for their self-management

Ability to identify self-management needs in relation to target behaviour(s) relevant for the chronic disease(s)



Ability to identify and select behaviour change techniques that are tailored to behavioural determinants (opportunities and barriers) in developing an intervention plan



Ability to apply behaviour change techniques and implement the intervention plan, adapting and tailoring as required



BC5

Ability to identify opportunities and barriers (determinants) to implementing change in the target behaviour



Ability to select behaviour change techniques that are appropriate to the length of the intervention (brief or long-term)



Ability to plan for follow-up and maintenance when the target behaviour has been achieved

BC6 Ability to engage and empower individuals with chronic diseases in self-management

BC7 Ability to foster and maintain a good intervention alliance with individuals

BC9 Ability to work in partnership to prioritise target behaviours to develop an intervention plan

BC14 Ability to provide access to appropriate information and educational materials tailored to individual needs















