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| 1: Who needs to do what, differently? What is the behavior you would like to target?  • Identify the evidence-practice gap  It has to identify the problem, set goals to decide units and choose a level  • Specify the behavior change needed to reduce the evidence-practice gap  If it focused more on a specific group like managing the SMART goals that may reduce the gap.  • Specify the health professional group whose behavior needs changing  Health care providers especially health care educators.  2: Using a theoretical framework, which barriers and enablers need to be addressed in your hypothetical intervention?  • From the literature, and experience of the development team, select which theory (ies), or theoretical framework(s), are likely to inform the pathways of change:  I believe it’s the precaution adoption process model PAPM that follows the pathway of an individual’s behavior changing.   • Use the chosen theory(ies), or framework, to identify the pathway(s) of change and the possible barriers and enablers to that pathway  I think each person is different than the others if it generalized the idea to all people that will not be fair. because they have different actions and beliefs.  • Use qualitative and/or quantitative methods to identify barriers and enablers to behavior change.  category system to define stages, ordering of the stages, common barriers to change facing people in the same stage, and different barriers to change face people in different stages.  3: Which intervention components (behavior change techniques and mode(s) of delivery) could overcome the modifiable barriers and enhance the enablers?  • Use the chosen theory, or framework, to identify potential behavior change techniques to overcome the barriers and enhance the enablers  POC that promote the changes. Consciousness -raising, dramatic relative, self-reevaluation, and environmental reevaluation … etc.  • Identify evidence to inform the selection of potential behavior change techniques and modes of delivery  • Identify what is likely to be feasible, locally relevant, and acceptable and combine identified  components into an acceptable intervention that can be delivered  4: How can behavior change be measured and understood?  • Identify mediators of change to investigate the proposed pathways of change  The health workers by increasing awareness.  • Select appropriate outcome measures  Tobacco use decreased to 10% on Morgantown WV   • Determine feasibility of outcomes to be measured  By measuring how many people started to take action to change the unhealthy behavior which is tobacco use. |