<table>
<thead>
<tr>
<th>BCT Reference</th>
<th>BCT Name</th>
<th>Description</th>
<th>Example</th>
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</thead>
<tbody>
<tr>
<td>1.1</td>
<td>Goal setting (behavior)</td>
<td>Set or agree on a goal defined in terms of the behavior to be achieved</td>
<td>Agree on a daily walking goal (e.g. 3 miles) with the person and reach agreement about the goal</td>
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<td>Set the goal of eating 5 pieces of fruit per day as specified in public health guidelines</td>
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<td>1.2</td>
<td>Problem solving</td>
<td>Analyze, or prompt the person to analyze, factors influencing the behavior and generate or select</td>
<td>Identify specific triggers (e.g. being in a pub, feeling anxious) that generate the urge/want/need to drink and develop strategies for avoiding environmental triggers or for managing negative emotions, such as anxiety, that motivate drinking</td>
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<td></td>
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<td>strategies that include overcoming barriers and/or increasing facilitators</td>
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<td>(includes ‘Relapse Prevention’ and ‘Coping Planning’)</td>
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<td>Note: barrier identification without solutions is not sufficient. If the BCT does not include</td>
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<td></td>
<td>analyzing the behavioral problem, consider 1.2.3, Avoidance/Change exposure to cues for the behavior,</td>
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<td>12.1, Restructuring the physical environment, 12.2, Restructuring the social environment, 11.2,</td>
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<td>Reduce negative emotions</td>
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<tr>
<td>1.3</td>
<td>Goal setting (outcome)</td>
<td>Set or agree on a goal defined in terms of a positive outcome of wanted behavior</td>
<td>Set a weight loss goal (e.g. 0.5 kilogram over one week) as an outcome of changed eating patterns</td>
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<tr>
<td>1.4</td>
<td>Action planning</td>
<td>Prompt detailed planning of performance of the behavior (must include at least one of context,</td>
<td>Encourage a plan to carry condoms when going out socially at weekends</td>
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<td></td>
<td></td>
<td>frequency, duration and intensity. Context may be environmental (physical or social) or internal</td>
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<td>(physical, emotional or cognitive) includes ‘Implementation Intentions’.</td>
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<td>Note: evidence of action planning does not necessarily imply goal setting, only code letter of goal</td>
<td>Prompt planning the performance of a particular physical activity (e.g. running) at a particular</td>
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<td>time (e.g. before work) on certain days of the week</td>
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<td>1.5</td>
<td>Review behavior goal(s)</td>
<td>Review behavior goal(s) jointly with the person and consider modifying goal(s) or behavior change</td>
<td>Review outcome goal(s); if discrepancy created consider also 1.6, Discrepancy between current</td>
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<td>strategy in light of achievement. This may lead to re-setting the same goal, a small change in</td>
<td>behavior and goal</td>
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<td>the goal, the first, or no change</td>
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<td>Note: if goal specified in terms of behavior, code 1.5, Review behavior goal(s), if goal</td>
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<td></td>
<td>unspecified, code 1.7, Review outcome goal(s); if discrepancy created consider also 1.6,</td>
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<td></td>
<td>Discrepancy between current behavior and goal</td>
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<tr>
<td>1.6</td>
<td>Discrepancy between current</td>
<td>Discrepancy between a person's current behavior (in terms of the form, frequency, duration, or</td>
<td>Identify how well a person's performance corresponds to agreed goals e.g. whether they consumed</td>
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<td>behavior and</td>
<td>goal</td>
<td>intensity of that behavior and the person's previously set outcome goals, behavioral goals or action</td>
<td>less than one unit of alcohol per day, and consider modifying future behavioral goals accordingly</td>
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<tr>
<td>goal</td>
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<td>plans (goals beyond self-monitoring of behavior)</td>
<td>e.g. by increasing or decreasing alcohol target or changing type of alcohol consumed</td>
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<td>Note: If discomfort is created only code 13.5, Incompatible beliefs and not 1.6,</td>
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<td></td>
<td>Discrepancy between current behavior and goal</td>
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<td>Note: If discomfort is created only code 13.5, Incompatible beliefs and not 1.6,</td>
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<td></td>
<td>Discrepancy between current behavior and goal</td>
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<tr>
<td>1.7</td>
<td>Review outcome goal(s)</td>
<td>Review outcome goal(s) jointly with the person and consider modifying goal(s) in light of</td>
<td>Review outcome goal(s); if discrepancy created consider also 1.6, Discrepancy between current</td>
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<td>achievement. This may lead to re-setting the same goal, a small change in that goal or setting a</td>
<td>behavior and goal</td>
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<td>new goal instead of or in addition to the first</td>
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<td>Note: if goal specified in terms of behavior, code 1.5, Review behavior goal(s), if goal</td>
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<td>unspecified, code 1.7, Review outcome goal(s); if discrepancy created consider also 1.6,</td>
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<td></td>
<td>Discrepancy between current behavior and goal</td>
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<td>1.8</td>
<td>Behavioral contract</td>
<td>Create a written specification of the behavior to be performed, agreed on by the person, and</td>
<td>Sign a contract with the person e.g. specifying that they will not drink alcohol for one week</td>
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<td>witnessed by another</td>
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<td>1.9</td>
<td>Commitment</td>
<td>Note: if defined in terms of the behavior to be achieved also code 1.1, Goal setting (behavior)</td>
<td>Ask the person to use an 'I will' statement to affirm or reaffirm a strong commitment (i.e.</td>
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<td>using the words &quot;strongly committed&quot; or &quot;high priority&quot;) to start, continue or restart the</td>
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<td>attempt to take medication as prescribed</td>
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<td>2.1</td>
<td>Monitoring of behavior by</td>
<td>Observe or record behavior with the person's knowledge as part of a behavior change strategy</td>
<td>Watch hand washing behaviors among health-care staff and make notes on context, frequency and</td>
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<td>others without</td>
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<td>technique used</td>
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<td>feedback</td>
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<td>Note: if monitoring is part of a data collection procedure rather than a strategy aimed at</td>
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<td>changing behavior, do not code; if feedback given, code only 2.2, Feedback on behavior,</td>
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<td></td>
<td>and not 2.1, Monitoring of behavior by others with feedback; if monitoring outcome(s) code 2.5,</td>
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<td>Monitoring outcome(s) of behavior by others without feedback; if self-monitoring behavior, code</td>
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<td></td>
<td>2.3, Self-monitoring of behaviour</td>
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<td>2.2</td>
<td>Feedback on behavior</td>
<td>Monitor and provide informative or evaluative feedback on performance of the behavior (e.g. form,</td>
<td>Inform the person of how many steps they walked each day (as recorded on a pedometer) or how</td>
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<td>frequency, duration, intensity)</td>
<td>many calories they ate each day (based on a food consumption questionnaire).</td>
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<td>Note: if Biofeedback, code only 2.6, Biofeedback and not 2.2, Feedback on behavior; if feedback</td>
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<td>on outcome(s) of behavior, code 2.7, Feedback on outcome(s) of behavior; if there is no clear</td>
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<td>evidence that feedback was given, code 2.7, Monitoring of behavior by others without feedback; if</td>
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<td>feedback on behaviour is evaluative e.g. praise, also code 10.4, Social reward</td>
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<td>2.3</td>
<td>Self-monitoring of behavior</td>
<td>Establish a method for the person to monitor and record their behavior(s) as part of a behavior</td>
<td>Ask the person to record daily, in a diary, whether they have brushed their teeth for at least</td>
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<td></td>
<td>change strategy</td>
<td>two minutes before going to bed</td>
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<td>Note: if monitoring is part of a data collection procedure rather than a strategy aimed at changing</td>
<td>Give the patient a pedometer and a form for recording daily total number of steps</td>
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<td></td>
<td>behavior, do not code; if monitoring of outcome of behavior, code 2.4, Self-monitoring of</td>
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<td></td>
<td></td>
<td>outcome(s) of behavior; if monitoring is by someone else (without feedback), code 2.3, Monitoring</td>
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<td></td>
<td></td>
<td>outcome(s) of behavior by others without feedback</td>
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<tr>
<td>2.4</td>
<td>Self-monitoring of outcome(s)</td>
<td>Establish a method for the person to monitor and record the outcome(s) of their behavior as part</td>
<td>Ask the person to weigh themselves at the end of each day, over a two week period, and record</td>
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<td>of a behavior change strategy</td>
<td>their daily weight on a graph to increase exercise behaviors</td>
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<td>Note: if monitoring is part of a data collection procedure rather than a strategy aimed at changing</td>
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<td>behavior, do not code; if monitoring of outcome of behavior, code 2.4, Self-monitoring of</td>
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<td>outcome(s) of behavior; if monitoring is by someone else (without feedback), code 2.3, Monitoring</td>
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<td></td>
<td>outcome(s) of behavior by others without feedback</td>
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<tr>
<td>2.5</td>
<td>Monitoring outcome(s) of</td>
<td>Observe or record outcomes of behavior with the person’s knowledge as part of a behavior change</td>
<td>Record blood pressure, blood glucose, weight loss, or physical fitness</td>
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<tr>
<td>behavior by</td>
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<td>strategy</td>
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<td>others without</td>
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<td>Note: if monitoring is part of a data collection procedure rather than a strategy aimed at</td>
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<tr>
<td>feedback</td>
<td></td>
<td>changing behavior, do not code; if feedback given, code only 2.7, Feedback on outcome(s) of</td>
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<td></td>
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<td>behavior; if monitoring behavior code 2.3, Monitoring of behavior by others without feedback; if</td>
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<td></td>
<td>feedback on outcome(s) of behavior, code 2.4, Self-monitoring of outcome(s) of behavior by others</td>
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<td></td>
<td>without feedback</td>
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<tr>
<td>2.6</td>
<td>Biofeedback</td>
<td>Provide feedback about the body (e.g. physiological or biochemical state) using an external monitoring device as part of a behavior change strategy</td>
<td>Inform the person of their blood pressure reading to improve adoption of health behaviors</td>
</tr>
</tbody>
</table>
3.1 Social support (unspecified)
Advise on, arrange or provide social support (e.g. from friends, relatives, colleagues, 'buddies' or staff) for performance of the behavior.

Note: if emotional, code 3.3, Social support (emotional); if general or unspecified, code 3.1. Social support (unspecified) if only restructuring the physical environment or adding objects to the environment, code 12.2. Restructuring the physical environment or adding objects to the environment, code 12.2. Restructuring the physical environment or adding objects to the environment, code 12.2.

Inform the person of how much weight they have lost following the implementation of a new exercise regime.

Advise the person to call a 'buddy' when they experience an urge to smoke.

Arrange for a housemate to encourage continuation with the behavior change programme.

Give information about a self-help group that offers support for the behavior.

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 behavior.

Note: if emotional, code 3.3, Social support (emotional); if general or unspecified, code 3.1. Social support (unspecified) if only restructuring the physical environment or adding objects to the environment, code 12.2. Restructuring the physical environment or adding objects to the environment, code 12.2.

Inform the person of how much weight they have lost following the implementation of a new exercise regime.

Advise the person to call a 'buddy' when they experience an urge to smoke.

Arrange for a housemate to encourage continuation with the behavior change programme.

Give information about a self-help group that offers support for the behavior.

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 behavior.

Note: if practical, code 3.2, Social support (practical); if unspecified, code 3.1, Social support (unspecified).

Instruct the person to call a 'buddy' when they experience an urge to smoke.

Advise the person to call a 'buddy' when they experience an urge to smoke.

Advise the person to call a 'buddy' when they experience an urge to smoke.

3.4 Instruction on how to perform a behavior
Advise or agree on how to perform the behavior (includes: 'Skills training').

Note: when the person attends classes such as exercise or cooking, code 4.1, Instruction on how to perform the behavior; 8.1, Behavioural practice/ rehearsal and 6.1, Demonstration of the behavior.

Instruct the person to call a 'buddy' when they experience an urge to smoke.

Advise the person to call a 'buddy' when they experience an urge to smoke.

Advise the person to call a 'buddy' when they experience an urge to smoke.

3.5 Information about health consequences
Provide information (e.g. written, verbal, visual) about health consequences of performing the behavior.

Explain that not finishing a course of antibiotics can increase susceptibility to future infection.

Prevent the likelihood of contracting a sexually transmitted infection following unprotected sexual behavior.

Produce cigarette packets showing pictures of health consequences e.g. diseased lungs, to highlight the dangers of continuing to smoke.

3.6 Salience of consequences
Use methods specifically designed to emphasise the consequences of performing the behavior with the aim of making them more memorable (e.g. beyond informing about consequences).

Provide a reward for performing the behavior.

Tell family physician about financial remuneration for conducting health screening.

Inform a smoker that the majority of people disapprove of smoking in public places.

3.7 Information about social and environmental consequences
Provide information (e.g. written, verbal, visual) about social and environmental consequences of performing the behavior.

Tell family physician about financial remuneration for conducting health screening.

Inform a smoker that the majority of people disapprove of smoking in public places.

3.8 Monitoring of emotional consequences
Prompt assessment of feelings after attempts at performing the behavior.

Agree with the person that they will record how they feel after taking their daily walk.

Agree with the person that they will record how they feel after taking their daily walk.

Agree with the person that they will record how they feel after taking their daily walk.

3.9 Anticipated regret
Induce or raise awareness of expectations of future regret about performance of the unwanted behavior.

Note: not including 5.6, Information about emotional consequences if a new approach or new perspective is encouraged.

Ask the person to assess the degree of regret they will feel if they do not quit smoking.

Ask the person to assess the degree of regret they will feel if they do not quit smoking.

Ask the person to assess the degree of regret they will feel if they do not quit smoking.

3.10 Information about emotional consequences
Provide information (e.g. written, verbal, visual) about emotional consequences of performing the behavior.

Note: consequences can be related to emotional health disorders (e.g. depression, anxiety) and/or states of mind (e.g. low mood, stress); not including 5.5, Anticipated regret if for any target, not just the recipient(s) of the intervention; if information about health consequences code 5.1, Information about health consequences; if social, environmental or unspecified code 5.3, Information about social and environmental consequences.

Explain that quitting smoking increases happiness and life satisfaction.

Demonstrate to nurses how to raise the issue of excessive drinking with patients via a role-play exercise.

Demonstrate to nurses how to raise the issue of excessive drinking with patients via a role-play exercise.

Demonstrate to nurses how to raise the issue of excessive drinking with patients via a role-play exercise.

3.11 Social comparison
Draw attention to others' performance to allow comparison with the person's own performance Note: being in a group setting does not necessarily mean that social comparison is actually taking place.

Show the doctor the proportion of patients who were prescribed antibiotics for a common cold by other doctors and compare with their own data.

Tell the staff at the hospital ward that staff at all other wards approve of washing their hands according to the guidelines.

Tell the staff at the hospital ward that staff at all other wards approve of washing their hands according to the guidelines.

Tell the staff at the hospital ward that staff at all other wards approve of washing their hands according to the guidelines.

3.12 Information about others' approval
Provide information about what other people think about the behavior. The information clarifies whether others will like, approve or disapprove of what the person is doing or will do.

Tell the staff at the hospital ward that staff at all other wards approve of washing their hands according to the guidelines.

Tell the staff at the hospital ward that staff at all other wards approve of washing their hands according to the guidelines.

Tell the staff at the hospital ward that staff at all other wards approve of washing their hands according to the guidelines.

Tell the staff at the hospital ward that staff at all other wards approve of washing their hands according to the guidelines.

3.13 Prompts/cues
Introduce or define environmental or social stimuli with the purpose of prompting or cueing the behavior. The prompt or cue would normally occur at the time or place of performance.

Note: when a stimulus is linked to a specific action in an if-then plan including one or more of frequency, duration or intensity also code 1.4, Action planning.

Put a sticker on the bathroom mirror to remind people to brush their teeth.

Put a sticker on the bathroom mirror to remind people to brush their teeth.

Put a sticker on the bathroom mirror to remind people to brush their teeth.

Put a sticker on the bathroom mirror to remind people to brush their teeth.
7.2 Cue signalling reward
Identify an environmental stimulus that reliably predicts that reward will follow the behavior (includes 'Discriminative cue')
Advise that a fee will be paid to dentists for a particular dental treatment of 6-8 year old, but not older, children to encourage delivery of that treatment (the 6-8 year old children are the environmental stimulus).

7.3 Reduce prompts/cues
Withdraw gradually prompts to perform the behavior (includes ‘Fading’) 
Reduce gradually the number of reminders used to take medication

7.4 Remove access to the reward
Advise or arrange for the person to be separated from situations in which unwanted behavior can be rewarded in order to reduce the behavior (includes ‘Time out’)
Arrange for cupboard containing high calorie snacks to be locked for a specified period to reduce the consumption of fatty foods in between meals

7.5 Remove aversive stimuli
Advise or arrange for the removal of an aversive stimulus to facilitate behavior change (includes ‘Escape/avoidance’)
Arrange for a gym buddy to stop nagging the person to do more exercise in order to increase the desired exercise behavior

7.6 Satiation
Advise or arrange for repeated exposure to a stimulus that reduces or extinguishes a drive for the unwanted behavior
Arrange for the person to eat large quantities of chocolate in order to reduce the person’s appetite for sweet foods

7.7 Exposure
Provide systematic confrontation with a feared stimulus to reduce the response to a later encounter
Agree a schedule by which the person who is frightened of surgery will visit the hospital where they are scheduled to have surgery

7.8 Associative learning
Provide a neutral stimulus paired with a stimulus that already elicits the behavior repeatedly until the neutral stimulus elicits that behavior (includes ‘Classical/Pavlovian Conditioning’)
Present repeatedly fatty foods with a disliked smell to discourage the consumption of fatty foods

8.1 Behavioral practice/ rehearsal
Prompt rehearsal or rehearsal of the performance of the behaviour one or more times in a context or at a time when the performance may or may not be necessary, in order to increase habit and skill; i.e. if aiming to associate performance with the context, also code 8.3 Habit formation
Prompt asthma patients to practice measuring their peak flow in the nurse’s consulting room

8.2 Behavior substitution
Prompt substitution of the unwanted behavior with a wanted or neutral behavior 
Note: if this occurs regularly, also code 8.4 Habit reversal

8.3 Habit formation
Prompt rehearsal and repetition of the behavior in the same context repeatedly so that the context elicits the behavior
Prompt patients to take their statin tablet before brushing their teeth every evening

8.4 Habit reversal
Prompt rehearsal and repetition of an alternative behavior to replace an unwanted habitual behavior
Note: also code 8.2 Behavior substitution
Ask the person to walk up stairs at work where they previously always took the lift

8.5 Overcorrection
Ask to repeat the wanted behavior in an exaggerated way following an unwanted behavior
Ask to cut only fruit and vegetables the day after a poor diet

8.6 Generalisation of a target behavior
Advise to perform the wanted behaviour, which is already performed in a particular situation, in another situation
Advise to repeat toning exercises learned in the gym when at home

8.7 Graded tasks
Set easy-to-perform tasks, making them increasingly difficult, but achievable, until behavior is performed
Ask the person to walk for 100 yards a day for the first week, then half a mile a day after they have successfully achieved 100 yards, then two miles a day after they have successfully achieved one mile

9.1 Credible source
Present verbal or visual communication from a credible source in favour of or against the behavior
Note: code this BCT if source generally agreed on as credible e.g., health professionals, celebrities or words used to indicate expertise or leader in field and if the communication has the aim of persuading if: information about health consequences also code 5.1, information about health consequences, if about emotional consequences, also code 5.6, Information about emotional consequences; if about social, environmental or unspecified consequences also code 5.5, Information about social and environmental consequences. NB. With reference to cover letters/information leaflets provided to participants: letters with university signed headers or any other stamp/markings indicating expertise, or signed by the ‘study coordinator’ are accepted as credible source. Note: just the ‘research team’ is too vague.

9.2 Pros and cons
Advise the person to identify and compare reasons for wanting (pros) and not wanting to (cons) change the behavior (includes ‘Decisional balance’)
Advise the person to list and compare the advantages and disadvantages of prescribing antibiotics for upper respiratory tract infections

9.3 Comparative imaging of future outcomes
Prompt or advise the imaging and comparing of future outcomes of changed versus unchanged behaviour
Prompt the person to imagine and compare likely or possible outcomes following attending versus not attending a screening appointment

10.1 Material incentive (behavior)
Inform the woman that money, vouchers or other valued objects will be delivered if and only if there has been effort and/or progress in performing the behavior (includes ‘Positive reinforcement’)
Note: if incentive is social, code 10.5. Social incentive if unspecified code 10.6, Non-specific incentive, and not 10.1, Material incentive (behavior), if incentive is for outcome, code 10.8, Incentive (outcome). If reward is delivered also code one of: 10.2, Material reward (behavior); 10.3, Non-specific reward; 10.4, Social reward; 10.9, Self-reward; 10.10, Reward (outcome).
NB. If unconditional reward, code 10.2 (Material reward (behavior)) rather than 10.1.
NB 8. Code 10.8 Incentive (outcome) and 10.10 reward (outcome) instead of 10.1 incentive (behavior) and 10.2 reward (behavior), if the incentive is about achieving the behavioral outcome (e.g. end point is completion of one questionnaire only, and this is being rewarded). For other studies where retention is to the end of a study with multiple questionnaires to return, submitting one questionnaire of many would be considered behaviour (code 10.170.2), whilst getting to the end of the study and submitting all the questionnaires would be the retention outcome (code 10.8/10.10)

10.2 Material reward (behavior)
Arrange for the delivery of money, vouchers or other valued objects if and only if there has been effort and/or progress in performing the behavior (includes ‘Positive reinforcement’)
Note: If reward is social, code 10.4, Social reward, if unspecified code 10.3, Non-specific reward, and not 10.1, Material reward (behavior); if reward is for outcome, code 10.10, Reward (outcome). If informed of reward in advance of rewarded behaviour, also code one of: 10.2, Material incentive (behaviour); 10.3, Social incentive; 10.6, Non-specific incentive; 10.7, Self-Incentive; 10.8, Incentive (outcome).

10.3 Non-specific reward
Arrange delivery of a reward if and only if there has been effort and/or progress in performing the behavior (includes ‘Positive reinforcement’)
Note: if reward is material, code 10.2, Material reward (behavior); if social, code 10.4, Social reward, and not 10.3, Non-specific reward; if reward is for outcome code 10.10, Reward (outcome). If informed of reward in advance of rewarded behaviour, also code one of: 10.2, Material incentive (behaviour); 10.5, Social incentive; 10.6, Non-specific incentive; 10.7, Self-Incentive; 10.8, Incentive (outcome)

10.4 Non-specific reward
Identify something (e.g. an activity such as a visit to the cinema) that the person values and arrange for this to be delivered if and only if they attend for health screening
10.4 Social reward
Arrange verbal or non-verbal reward if and only if there has been effort and/or progress in performing the behaviour (includes 'Positive reinforcement'). Note: if reward is material, code 10.2; Material reward (behavior); if unspecified code 10.3; Non-specific reward, and not 10.4; Social reward; if reward is for outcome code 10.10; Reward (outcome). If informed of reward in advance of rewarded behaviour, also code one of: 10.1, Material incentive (behaviour); 10.5, Social incentive; 10.6, Non-specific incentive; 10.7, Self-incentive; 10.8, Incentive (outcome).

10.5 Social incentive
Inform that a verbal or non-verbal reward will be delivered if and only if there has been effort and/or progress in performing the behaviour (includes 'Positive reinforcement'). Note: if incentive is material, code 10.1; Material incentive (behavior), if unspecified code 10.5, Social incentive and not 10.6; Non-specific incentive; if incentive is for outcome code 10.8, Incentive (outcome). If reward is delivered also code one of: 10.2, Material reward (behavior); 10.3, Non-specific reward; 10.4, Social reward; 10.9, Self-reward; 10.10, Reward (outcome).

10.6 Non-specific incentive
Inform that a reward will be delivered if and only if there has been effort and/or progress in achieving the behavioural outcome (includes 'Positive reinforcement'). Note: this includes social, material, self- and non-specific incentives for outcome; if incentive is for the behavior code 10.5, Social incentive, 10.1, Material incentive (behavior), 10.2; Material reward (behavior). If reward is delivered also code one of: 10.2, Material reward (behavior); 10.3, Non-specific reward, and not 10.4; Social reward; 10.5, Social incentive; 10.9, Self-reward; 10.10, Reward (outcome).

10.7 Self-incentive
Plan to reward self in future if and only if there has been effort and/or progress in performing the behaviour. Note: if self-reward is material, code 10.1, Material incentive (behavior), if social, also code 10.5, Social incentive, if unspecified, also code 10.6, Non-specific incentive; if incentive is for outcome code 10.8, Incentive (outcome). Note: if includes analysing the behavioural problem, also code 1.2, Problem solving.

10.8 Incentive (outcome)
Prompt self-praise or self-reward if and only if there has been effort and/or progress in performing the behaviour. Note: if self-reward is material, code 10.2, Material reward (behavior). If informs of reward in advance of rewarded behaviour, also code one of: 10.1, Material incentive (behaviour); 10.3, Non-specific incentive; 10.4, Social incentive; 10.5, Social incentive; 10.7, Self-incentive; 10.8, Incentive (outcome).

10.9 Reward (outcome)
Arrange for the delivery of a reward if and only if there has been effort and/or progress in achieving the behavioural outcome (includes 'Positive reinforcement'). Note: this includes social, material, self- and non-specific rewards for outcome; if reward is for the behaviour code 10.4; Social reward, 10.2; Material reward (behavior). If informed of reward in advance of rewarded behaviour, also code one of: 10.1, Material incentive (behaviour); 10.5, Social incentive; 10.6, Non-specific incentive; 10.7, Self-incentive; 10.8, Incentive (outcome).

10.10 Reward (outcome)
Inform that future punishment or removal of reward will be a consequence of performance of an unwanted behavior (may include fear arousal) (includes 'Threat'). Inform that continuing to consume 30 units of alcohol per day is likely to result in loss of employment if the person continues.

11.1 Pharmacological support
Provide, or encourage the use of or adherence to, drugs to facilitate behavior change. Note: if pharmacological support to reduce negative emotions (e.g. anxiety) then also code 11.2, Reduce negative emotions.

11.2 Reduce negative emotions
Advise on ways of reducing negative emotions to facilitate performance of the behavior (includes 'Stress Management'). Note: if includes analysing the behavioural problem, also code 1.2, Problem solving.

11.3 Conserving mental resources
Advise on ways of minimizing demands on mental resources to facilitate behavior change (includes 'Motivation'). Advise to carry food calorie content information to reduce the burden on memory in making food choices.

11.4 Paradoxical instructions
Advise to engage in some form of the unwanted behavior with the aim of reducing motivation to engage in that behaviour. Advise a smoker to smoke twice as many cigarettes a day as they usually do. Tell the person to stay awake as long as possible in order to reduce insomnia.

12.1 Restructuring the physical environment
Change, or advise to change, the physical environment in order to facilitate performance of the wanted behavior or create barriers to the unwanted behavior (other than prompts/cues, rewards and punishments). Note: this may also involve 12.3, Avoidance/reducing exposure to cues for the behavior; if restructuring of the social environment code 12.2, Restructuring the social environment.

12.2 Restructuring the social environment
Change, or advise to change, the social environment in order to facilitate performance of the wanted behavior or create barriers to the unwanted behavior (other than prompts/cues, rewards and punishments). Note: this may also involve 12.3, Avoidance/reducing exposure to cues for the behavior; if restructuring of the physical environment also code 12.1, Restructuring the physical environment.

12.3 Avoidance/reducing exposure to cues for the behavior
Advise on how to avoid exposure to specific social and contextual/physical cues for the behavior, including changing daily or weekly routines. Note: this may also involve 12.1, Restructuring the physical environment and/or 12.2, Restructuring the social environment; if the BCT includes analyzing the behavioral problem, only code 1.2, Problem solving.

12.4 Distraction
Advise or arrange to use an alternative focus for attention to avoid triggers for unwanted behaviour (includes 'Habituation'). Advise a smoker to smoke in a space that is inconvenient to get to.

Note: if includes analysing the behavioural problem, only code 1.2, Problem solving.

Inform the person that they will receive money if and only if there has been a certain amount of weight is lost.

Identify an activity that the person values and inform them that this will happen if and only if they attend for health screening.

Inform that the person values and inform them that this will happen if and only if they attend for health screening.

Advise the patient asks the family physician for nicotine replacement therapy to facilitate smoking cessation.

Advise the use of stress management skills, e.g. to reduce anxiety about joining Alcoholics Anonymous.

Encourage to reward self with material (e.g., new clothes) or other valued objects if and only if they have adhered to a healthy diet.

Arrange to give the person to receive money if and only if there has been a certain amount of weight is lost.

Inform the person that they will receive money if and only if they have adhered to a healthy diet.

Encourage to provide self with material (e.g., new clothes) or other valued objects if and only if they have adhered to a healthy diet.

Inform that future punishment or removal of reward will be a consequence of performance of an unwanted behavior (may include fear arousal) (includes 'Threat'). Inform that continuing to consume 30 units of alcohol per day is likely to result in loss of employment if the person continues.

Advise on how to avoid exposure to specific social and contextual/physical cues for the behavior, including changing daily or weekly routines. Note: this may also involve 12.1, Restructuring the physical environment and/or 12.2, Restructuring the social environment; if the BCT includes analyzing the behavioral problem, only code 1.2, Problem solving.

Inform to engage in some form of the unwanted behavior with the aim of reducing motivation to engage in that behaviour. Advise a smoker to smoke twice as many cigarettes a day as they usually do. Tell the person to stay awake as long as possible in order to reduce insomnia.

Advise to keep biscuits and snacks in a cupboard that is inconvenient to get to. Arrange to move sending machine out of the school.

Advise to carry food calorie content information to reduce the burden on memory in making food choices.

Advise on ways of reducing negative emotions to facilitate performance of the behavior (includes 'Stress Management'). Note: if includes analysing the behavioural problem, also code 1.2, Problem solving.

Arrange for the delivery of a reward if and only if there has been effort and/or progress in achieving the behavioural outcome (includes 'Positive reinforcement'). Note: this includes social, material, self- and non-specific rewards for outcome; if reward is for the behaviour code 10.4; Social reward, 10.2; Material reward (behavior). If informed of reward in advance of rewarded behaviour, also code one of: 10.1, Material incentive (behaviour); 10.5, Social incentive; 10.6, Non-specific incentive; 10.7, Self-incentive; 10.8, Incentive (outcome).

Advise to carry food calorie content information to reduce the burden on memory in making food choices.

Inform the person that they will receive money if and only if their certain amount of weight is lost.

Arrange to move sending machine out of the school.

Arrange for the delivery of a reward if and only if there has been effort and/or progress in achieving the behavioural outcome (includes 'Positive reinforcement'). Note: this includes social, material, self- and non-specific rewards for outcome; if reward is for the behaviour code 10.4; Social reward, 10.2; Material reward (behavior). If informed of reward in advance of rewarded behaviour, also code one of: 10.1, Material incentive (behaviour); 10.5, Social incentive; 10.6, Non-specific incentive; 10.7, Self-incentive; 10.8, Incentive (outcome).

Arrange to move sending machine out of the school.

Suggest to a person who is trying to avoid between-meal snacking to focus on a form of the unwanted behavior with the aim of reducing motivation to engage in that behaviour. Advise a smoker to smoke twice as many cigarettes a day as they usually do. Tell the person to stay awake as long as possible in order to reduce insomnia.

Suggest to a person who is trying to avoid between-meal snacking to focus on a form of the unwanted behavior with the aim of reducing motivation to engage in that behaviour. Advise a smoker to smoke twice as many cigarettes a day as they usually do. Tell the person to stay awake as long as possible in order to reduce insomnia.

Suggest to a person who wants to quit smoking that their social life focus on activities other than pubs and bars which have been associated with smoking.

Suggest to a person who wants to quit smoking that their social life focus on activities other than pubs and bars which have been associated with smoking.

Suggest to a person who wants to quit smoking that their social life focus on activities other than pubs and bars which have been associated with smoking.
Adding objects to the environment

Add objects to the CQEnvironment in order to facilitate performance of the behavior.
Note: Provision of information (e.g., written, verbal, visual) in a booklet or leaflet is insufficient. If this is accompanied by social support, also code 3.2, Social support (practical); if the environment is changed beyond the addition of objects, also code 12.1, Restructuring the physical environment.

Body changes

Alter body structure, functioning or support directly to facilitate behavior change.

Identification of self as valued self-identity

Advise the person to write or complete rating scales about a cherished value or personal strength as a means of affirming the person’s identity as part of a behavior change strategy (includes “Self-affirmation”).

Framing/reframing

Arranged reward for consumption of low fat foods but not consumption of high fat foods

Arrange reward for ordering a small soft drink at the bar rather than an alcoholic beverage

Reward alternative behavior

Arrange reward for performance of an alternative to the unwanted behavior (includes “Differential reinforcement”).

Reduce reward frequency

Arrange for rewards to be made contingent on increasing duration or frequency of the behavior (includes “Thinning”).

Remove punishment

Arrange for removal of an unpleasant consequence contingent on performance of the wanted behavior (includes “Negative reinforcement”).

Verbal persuasion about capability

Tell the person that they can successfully perform the wanted behavior, arguing against self-doubts and asserting that they can and will succeed.

Mental rehearsal of successful performance

Advise the person to visualize performing the behavior successfully in relevant contexts.

Focus on past success

Advise the person to think about or list previous successes in performing the behavior (or parts of it).

Self-talk

Prompt the person to tell themselves that a walk will be energizing.

Imaginary punishment

Advise the person to imagine performing the unwanted behavior in a real-life situation followed by imagining an unpleasant consequence (includes “Covariation sensitisation”).

Imaginary reward

Advise the person to imagine performing the wanted behavior in a real-life situation followed by imagining a pleasant consequence (includes “Covariation conditioning”).

Vicious consequences

Prompt observation of the consequences (including rewards and punishments) for others (includes “Cognitive structuring” and “cognitive restructuring”); If information about the consequences then code 5.1; Information about health consequences, 5.6, Information about emotional consequences or 5.3, Information about social and environmental consequences instead of 13.2, Framing/reframing.

Remove punishment

Arrange for removal of a stimuli-valued if and only if an unwanted behavior is performed (includes “Response cost”).

Punishment

Arrange for discontinuation of contingent reward following performance of the unwanted behavior.

Reward approximation

Arrange reward for ordering a soft drink at the bar rather than an alcoholic beverage

Reward completion

Build up behavior by arranging reward following final component of the behavior; gradually add the components of the behavior that occur earlier in the behavioral sequence (includes “Backward chaining”).

Situation-specific reward

Arrange for reward following the behavior in one situation but not in another (includes “Discrimination training”).

Reward incompatible behavior

Arrange reward for responding in a manner that is incompatible with a previous response to that situation (includes “Counterconditioning”).

Reward for consumption of low fat foods but not consumption of high fat foods

Arrange for the person to wear unattractive clothes following consumption of fatty foods.

Arrangements for removal of an unpleasant consequence contingent on performance of the wanted behavior

Arrange for removal of an unpleasant consequence contingent on performance of the wanted behavior.

Verbal encouragement to improve tooth brushing technique

Arrange for the other people in the household to ignore the person every time they eat chocolate (rather than attending to them by criticizing or persuading).

Self-reward

Arrange for discontinuation of contingent reward following performance of the unwanted behavior (“Extinction”).

Imaginary punishment

Advise the person to imagine performing the unwanted behavior in a real-life situation followed by imagining an unpleasant consequence (includes “Covariation sensitisation”).

Imaginary reward

Arrange reward for eating at mealtimes but not between meals.

Rewarding completion

Reward eating a supplied low calorie meal; then make reward contingent on cooking and eating the meal; then make reward contingent on purchasing, cooking and eating the meal.

Reward for consumption of low fat foods but not consumption of high fat foods

Reward approximation

Arrange for reward following performance of the unwanted behavior.

Note: also code one of 10.2, Material reward (behavior); 10.3, Non-material reward (behavior); 10.4, Social reward, 10.9, Self-reward; 10.10, Reward (outcome).

Note: also code one of 10.2, Material reward (behavior); 10.3, Non-specific reward; 10.4, Social reward, 10.9, Self-reward; 10.10, Reward (outcome).

Reward for consumption of low fat foods but not consumption of high fat foods

Arrange for withdrawal of something valued if and only if an unwanted behavior is performed.

Note: if withdrawal of contingent reward code 14.1, Remove reward. Also code “extinction” here.

Subtract money from a prepaid refundable deposit when a cigarette is smoked.

Advise the person to describe or list the occasions on which the person had ordered a non-alcoholic beverage.

Arrange for the other people in the household to ignore the person every time they eat chocolate (rather than attending to them by criticizing or persuading).

Reward for consumption of low fat foods but not consumption of high fat foods

Arrange reward for eating at mealtimes but not between meals.

Arrange reward for consumption of low fat foods but not consumption of high fat foods

Reward for consumption of low fat foods but not consumption of high fat foods

Arrange reward for consumption of low fat foods but not consumption of high fat foods

Arrange reward for consumption of low fat foods but not consumption of high fat foods

Advise the person to write about their personal strengths before they receive a message advocating the behavior change.

Draw attention to the positive comments other staff get when they disinfect their hands regularly.