



Behaviour change resources

- Training in motivational interviewing (with thanks for the two slides)

<http://www.cambridgetraining.org/>

- Change within the context of poverty:

It means focusing less on how people *should* act, how we *expect* them to act, or how they *intend* to act, and more on how they *do* act.

http://www.ideas42.org/wp-content/uploads/2015/05/I42_PovertyWhitePaper_Digital_FINAL-1.pdf

- Nice Guidance on behaviour change

<https://www.nice.org.uk/guidance/ph6>

- Theories and research – there are 83 (at least!) theories connected to behaviour change.

<http://www.ucl.ac.uk/behaviour-change/resources>

- Also see the behaviour change wheel

<http://www.behaviourchangewheel.com/about-wheel>

- The stages of change

https://en.wikipedia.org/wiki/Transtheoretical_model