

## Reducing barriers to behaviour change

### Using the COM-B model

	Questions to ask	Answer
1 Problem	What is the problem?	Diabetes / Pre-diabetes
2 Behaviour issues	What are the issues with change or the behaviour?	
3 One focus	Choose one behaviour to work on	
4 Re-frame	What is the behaviour improvement required?	
5 Capability	<i>Physical:</i> Are you physically able to do the behaviour and/or make the change?  <i>Psychological:</i> Do you have the knowledge to do this?	
6 Opportunity	<i>Physical:</i> Can you ensure time, physical resources / location to help change?  <i>Social:</i> Is this something you see your friends and family doing and are they supportive?	
7 Motivation	<i>Reflective:</i> Do you know why you are making the change and can you understand the implications?  <i>Automatic:</i> What are the desires, impulses or inhibitions that could affect change?	

#### Prompts to support behaviour change

Restriction

Learning something
Incentivise e.g. with reward
Training e.g. by creating habits over time or improving a skill
Following role-models
Change your environment to improve behaviour change / make it easier

EXAMPLE

	Questions to ask	Answer
1 Problem	What is the problem?	Diabetes / Pre-diabetes
2 Behaviour issues	What are the issues with change or the behaviour?	Not exercising Not eating healthy at work Sometimes drinking more on weekends
3 One focus	Choose one behaviour to work on	Not eating healthy at work
4 Re-frame	What is the behaviour improvement required?	Eat healthier at lunch times by food prepping
5 Capability	<i>Physical:</i> Are you physically able to do the behaviour and/or make the change?  <i>Psychological:</i> Do you have the knowledge to do this?	I am able to cook, and able to choose better health foods  I'm not sure what I would cook / prepare / how to do this.
6 Opportunity	<i>Physical:</i> Can you ensure time, physical resources / location to help change?  <i>Social:</i> Is this something you see your friends and family doing and are they supportive?	I can make time to cook, have money to do so and have a kitchen  I know my colleagues prep food
7 Motivation	<i>Reflective:</i> Do you know why you are making the change and can you understand the implications?	I know this will improve my blood sugars

*Automatic:* What are the desires, impulses or inhibitions that could affect change?

I do have food cravings at work, by preparing snacks this might also help