

**A Catalog of Strategies for Facilitating Behavior Change:  
Linking Theory Determinants and Behavior Change Strategies**

This catalog of strategies for facilitating behavior change is first presented in Step G (5): Generate Plans. The theories that the determinant is used in are listed below the determinant name **IN THIS FONT**.

You may want to use this catalog of strategies alongside the definitions of the determinants that were presented in Step E (2).

The determinants are presented in alphabetical order by the determinant categories.

<b>FACILITATING DETERMINANTS</b>	
<b>Determinant</b>	<b>Behavior Change Strategies</b>
<b>Action and coping self-efficacy</b>	
Action self-efficacy TPB SCT HAPA	<ul style="list-style-type: none"> <li>• Guided practice</li> <li>• Feedback on performance</li> <li>• Reframing emotional and physical responses</li> </ul>
Coping self-efficacy HAPA	<ul style="list-style-type: none"> <li>• Building coping skills</li> </ul>
<b>Action goal setting / planning</b>	
Action goal setting/ action and coping planning SCT HAPA	<ul style="list-style-type: none"> <li>• Action goal setting / action planning</li> <li>• Coping planning</li> </ul>
<b>Food &amp; nutrition knowledge &amp; skills</b>	
Affective skills SCT HAPA	<ul style="list-style-type: none"> <li>• Communicating effectively</li> <li>• Delaying gratification</li> <li>• Building coping skills</li> <li>• Resisting unhealthy norms</li> </ul>
Behavioral skills SCT HAPA	<ul style="list-style-type: none"> <li>• Skills training</li> </ul>
Knowledge and cognitive skills SCT HAPA	<ul style="list-style-type: none"> <li>• Provide factual knowledge related to behavior change goal</li> <li>• Provide procedural knowledge (Instruction on how to perform the behavior)</li> <li>• Stimulate cognitive thinking skills related to behavior change goal</li> </ul>

<b>FACILITATING DETERMINANTS</b>	
<b>Determinant</b>	<b>Behavior Change Strategies</b>
<b>Recovery self-efficacy</b>	
Recovery self-efficacy HAPA	<ul style="list-style-type: none"> <li>• Regaining control after setback</li> <li>• Cognitive restructuring</li> </ul>
<b>Self-regulation / Action control</b>	
Behavioral supports SCT	<ul style="list-style-type: none"> <li>• Promoting social support</li> <li>• Provide reinforcements and rewards</li> <li>• Plan cues to action</li> <li>• Advocacy skill development</li> </ul>
Self-regulation processes SCT HAPA	<ul style="list-style-type: none"> <li>• Self-monitoring and feedback</li> <li>• Action goal maintenance</li> <li>• Managing environmental cues</li> <li>• Promoting personal food policies and routines</li> <li>• Repeated consumption of healthful food</li> </ul>
<p>Note: HBM = health belief model; TPB = theory of planned behavior and extensions/ the reasoned action approach; SCT = social cognitive theory; HAPA = health action process approach model</p>	