

**DESCRIBING THE CONTENT OF COMPLEX INTERVENTIONS TO IMPROVE HEALTH: USING A TAXONOMY OF BEHAVIOUR CHANGE TECHNIQUES (BCTs)**

**A ONE-DAY WORKSHOP**

**24TH MAY 2013 (9.30am – 4.30pm)**

UNIVERSITY OF MANCHESTER

Coupland I Building (Turing seminar room), Oxford Road, Manchester M13 9PL

Convenors:**Dr. Wendy Hardeman (University of Cambridge) and Dr. Caroline Wood (University College London)**

**Description of the intended participants:**

The workshop is open to participants who are new to the concept and use of BCT Taxonomies but who have an interest in investigating, reviewing, designing or delivering behavioural interventions. No previous knowledge or experience of BCT taxonomies is required.

**The objectives for the workshop are:**

* + - 1. To familiarise participants with the need for the Behaviour Change Technique (BCT) Taxonomy, its method of development and its application
1. To give hands-on experience of using BCTs to describe the content of behaviour change interventions

3. To encourage discussion between participants about their experiences of using BCT labels and definitions and future uses of the taxonomy

**Rationale:**

To date, there has been no shared language for describing the content, especially the ‘active ingredients’ of behaviour change interventions; by contrast, biomedical interventions are precisely described. This limits the possibility of replicating effective interventions, synthesising evidence, and understanding the causal mechanisms underlying behaviour change. With the guidance of a multidisciplinary International Advisory Board of leaders in the field of behaviour change, we have developed a reliable method of specifying BCTs, with consensually agreed labels and definitions (see [www.ucl.ac.uk/health-psychology/BCTtaxonomy](http://www.ucl.ac.uk/health-psychology/BCTtaxonomy)).

**Activities:**

Training tasks will teach participants a structured method for writing clear, replicable descriptions of intervention content using BCT labels and definitions in the taxonomy. The workshop will combine brief presentations, hands-on practice (individually and in groups) and structured discussion. Participants completing the workshop will be invited to join the Network of collaborators which will facilitate contact with others using and continuing to develop this resource. We will evaluate the course by comparing pre- and post-performance in using the BCT definitions to write intervention descriptions, by assessing self-efficacy in using the taxonomy and by asking for specific feedback about the workshop. Individual feedback will be provided to participants after the course if requested.

**Attendance at this workshop is £30.  To reserve a space, please send a cheque payable to the University of Manchester and send with the form attached to this flyer addressed to: Jade Hodson, School of Psychological Science, University of Manchester, Coupland 1, Oxford Road, M13 9PL**

***Please note: the maximum number of participants for the workshop is 30 so please book early.***  **Closing date for reservations is Friday 17th May 2013.**

*Acknowledgement:* This workshop has arisen from the initial findings of a UK MRC-funded study, **Strengthening evaluation and implementation by specifying components of behaviour change interventions, aka the BCT Taxonomy Project (Grant holders: Susan** Michie, Charles Abraham, Martin Eccles, Jill Francis, Wendy Hardeman and Marie Johnston)



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I would like to attend the BCT Taxonomy workshop specified above and enclose a cheque for **£30** **payable to the University of Manchester.**

Please note that the maximum number of participants for this workshop is 30.

In the event that this workshop becomes oversubscribed, please provide the following contact details so that we can return your cheque to you:

|  |  |
| --- | --- |
| **Title** |  |
| **Name** |  |
| **Email address** |  |
| **Address** |  |

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