


Behavioral Intervention Phase 2: Plan Development Instructions & Scoring Rubric (60 points)

PRE-INTERVENTION OBSERVATIONS (26 points)

Click on the  button for short but helpful videos

Carefully track the behavior you want to change over a 7-day period. Do NOT make any conscious efforts to change it. You are doing this to establish a baseline and to help plan the intervention. Depending on the behavior you chose, you need to record when and where the behavior occurred, the amount or frequency of the behavior, and what was going on (within you and/or the environment) just before and just after the behavior occurred. After the 7-day baseline is over, use this information to answer the following questions.

ANTECEDENTS: What was going on within you and/or the environment *immediately before* the behavior occurred? These are things that might be triggering an undesirable behavior or preventing the execution of a desirable behavior. [150-200 words](#)

Minimal effort or insight 3 points
Average effort/insight 4 points
Great effort/insight 5 points



CONSEQUENCES: What was going on within you and/or the environment *immediately after* the behavior occurred? These are things that might be punishing or reinforcing the behavior. [150-200 words](#)

Minimal effort or insight 3 points
Average effort/insight 4 points
Great effort/insight 5 points



Upload a **graph** (use Excel) charting the baseline behavior. Put days of the week on the x-axis and the behavior - the amount of soda or water (in oz or ml), # of serving sizes of food/beverages with added sugar, number of steps taken, amount of screen time or belly breathing (minutes or hours) on the y-axis. I am looking for beautiful and colorful graphs. Upload a pdf, jpg, doc, or docx. If I cannot open it, I cannot grade it!

Followed few of the instructions 5 points
Followed most of the instructions 7 points
Followed all the instructions 10 points



Use the **Transtheoretical Model** to answer the following questions. 1. Which “step” do you think you were on **before starting** your behavioral intervention plan? 2. Tell me why you think you were on this

step. 3. Which step do you think you are on **now** that you have researched and observed the behavior more closely? 4. Tell me why you think you are on this new step. If you haven't moved to a different step, explain why. That is, what prevented movement? **Number your answers 1–4 (150-250 words)**



Named the step they were on initially: no or step name is wrong (0) yes and step name is correct (1)
Explanation of why was consistent with the step: somewhat (1) completely (2)
Named the step they were on now: no or step name is wrong (0) yes and step name is correct (1)
Explanation of why was consistent with the step: somewhat (1) completely (2)

THE PLAN (34 points)

Everyone will use the following behavior change techniques: Goal Setting, Record Keeping, and Objective Feedback. You will need to describe the specifics of how you will implement them. After this, you need to choose two more from the list of common behavioral change techniques (described below) and describe how you will implement these as well.

GOAL SETTING:

What are your **goals for the behavior**? Describe them. Make sure the goals are **Specific, Measurable, Achievable, Relevant, and Time-bound**. In other words, "SMART" goals. They also need to be **incremental**. **To be relevant, the goals need to refer to the behavior itself and not to some outcome down the road** (e.g. not "I want to be healthier, happier, and live longer"). Decide if you want a goal for each day, an average for each week, or both. Alternatively, or in addition to, you might want to specify how many days each week where you will reach a goal, and then gradually increase the number of days/week as the weeks progress. Note that the way you **measure goals** needs to stay the same from one day to the next and one week to the next to allow for easier comparisons over time.



Copy the three headings below and then tell me what your goals are for each (read the instructions above).

Week 1:

Week 2:

Week 3:

Goals met some of the criteria	2 points
Goals met most of the criteria	3 points
Goals met all the criteria	4 points

RECORD KEEPING:

Describe how and when you will measure and record the behavior. These measurements must be as specific as possible without being too arduous. For example, recording “number of cups or bottles of water consumed” is not accurate enough. Record total ounces or milliliters consumed each day instead. On the other hand, trying to record the total number of grams of added sugar each day might be too difficult. Instead, you might want to record the total number of “servings” of added sugar each day.

Described HOW and WHEN the behavior will be recorded (2 points)
The behavior will be measured in adequate detail (1 point)



OBJECTIVE FEEDBACK:

Presumably, you are changing your behavior because you hope to improve some aspect of your wellbeing. Maybe it is to lose weight, experience fewer headaches, sleep better, feel more alert, improve mood etc...

Describe ONE aspect of your wellbeing you hope will show improvement by the end of the intervention. Describe how you will measure this aspect of wellbeing. Some things are easy to measure (e.g. weight). Others are more challenging (e.g. mood). For outcomes that are not directly measurable, try and find a scale/questionnaire/inventory online that someone else has already developed. If you use something you found online, you MUST cite the source. Finally, describe when/how often this measure of wellbeing will be taken. IMPORTANT: Whatever you chose to measure, you need to get a baseline measure BEFORE you start the intervention. This will give you something to compare to at the end.

Described an aspect of wellbeing in adequate detail (2 points)



Explained how this aspect of wellbeing will be measured in adequate detail & cited source if applicable (3 points)

Described when/how often this aspect of wellbeing will be measured in adequate detail (2 points)

Common behavioral change techniques

Select TWO that make sense given the behavior you are changing and your individual circumstances. You may not select record keeping, goal setting, or objective feedback because you are already using these.

You will be asked to tell me THREE things about EACH technique:

1. name & description (copy and paste is fine)
2. details on how you will use the technique in YOUR intervention
3. why you chose this specific technique (the rationale or justification). You must incorporate into your answer one (preferably more) specific components of the following: message framing, HBM, COM, social cognitive learning theory, ecological model. When referring to a specific model – name that model.



Technique #1.

Name and describe the technique. Use the name and description I provided to you in the linked document above. Copy and paste is fine. e.g. "Periodic Review of Health Consequences: Reviewing positive outcomes if the behavior change is made and the negative outcomes if the change is not made"

provided the correct name and description from the list I provided (1)

Explain how you will use this technique for your intervention - details matter! e.g. "Once a week, I will read through the section of my phase 1 presentation where I talked about the benefits of drinking water and the negative consequences of not drinking enough water. I will focus on the negative consequences, especially the more serious ones."

use of the technique was correct and adequately detailed: somewhat (1) mostly (2) completely (3)

Why did you choose this specific technique? In other words, what VALID and JUSTIFIED reason do you have for using it? Be sure to reference at least one specific component of the following: message framing, HBM, COM, social cognitive learning theory, ecological model. When referring to a specific model – name that model.

e.g. "Currently, I perceive the consequences of not drinking water to be minor. If I can convince myself that the consequences are severe by reading about them frequently, this will increase my perceived level of threat and increase the probability of success. But I also need to convince myself that I am in fact vulnerable to these severe consequences. This is consistent with the HBM by addressing 2 of the 4 individual perceptions and the perception of threat."

gave an acceptable rationale/justification for using this technique:
barely (1) acceptable (2) outstanding (3)

included reference(s) to message framing and/or one of the health models
barely (1) acceptable (2) outstanding (3)

Technique #2.

Name and describe the technique. Use the name and description I provided to you in the linked document above. Copy and paste is fine.

provided the correct name and description from the list I provided (1)

Explain how you will use this technique for your intervention - details matter!

use of the technique was correct and adequately detailed: somewhat (1) mostly (2) completely (3)

Why did you choose this specific technique? In other words, what VALID and JUSTIFIED reason do you have for using it? Be sure to reference at least one specific component of the following: message

framing, HBM, COM, social cognitive learning theory, ecological model. When referring to a specific model – name that model.

gave a [detailed](#) rationale for using this technique: barely (1) acceptable (2) outstanding (3)

the rationale for using the technique was valid and sound: barely (1) acceptable (2) outstanding (3)

When can you start your intervention?



whenever I darn well please



once I have reviewed the feedback you will give me

