

Reading & Resources: Intro to Applied Behavioural Science – October 2020

General¹

Michie S, Atkins L, West R. (2014) The Behaviour Change Wheel: A Guide to Designing Interventions.

<http://www.behaviourchangewheel.com/>

Michie, S., van Stralen, M.M. & West, R. The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implementation Sci* 6, 42 (2011)

<https://implementationscience.biomedcentral.com/articles/10.1186/1748-5908-6-42>

Atkins, L., Francis, J., Islam, R. *et al.* A guide to using the Theoretical Domains Framework of behaviour change to investigate implementation problems. *Implementation Sci* 12, 77 (2017)

<https://implementationscience.biomedcentral.com/articles/10.1186/s13012-017-0605-9#citeas>

Public Health England (2020) Behaviour change: guide for local government and partners

<https://www.gov.uk/government/publications/behaviour-change-guide-for-local-government-and-partners>

Unlocking Behaviour Change <https://www.unlockingbehaviourchange.com/>

Manchester Implementation Science Collaboration - Education and Training E-learning

<https://www.mcrimsci.org/education-and-training-e-learning/>

Specific²

Kaarononen, R *et al.* (2020) Cultural Evolution of Sustainable Behaviours: Pro-environmental Tipping Points in an Agent Based Model

<https://www.sciencedirect.com/science/article/pii/S2590332220300038>

Kwasnicka, D *et al.* (2016) Theoretical explanations for the maintenance of behaviour change : a systematic review of behaviour theories

<https://pubmed.ncbi.nlm.nih.gov/26854092/>

Presseau, J., McCleary, N., Lorencatto, F., Patey, A. M., Grimshaw, J. M., & Francis, J. J. (2019). Action, actor, context, target, time (AACTT): a framework for specifying behaviour. *Implementation science : IS*, 14(1), 102.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6896730/>

Kneebone *et al.* (2017) The Impact-Likelihood Matrix: A policy tool for behaviour prioritisation

<https://www.sciencedirect.com/science/article/abs/pii/S1462901116303744#:~:text=The%20Impact%2DLikelihood%20Matrix%20is,change%20programs%20and%20intervention%20design.>

Szinay D, Jones A, Chadborn T, Brown J, Naughton F, Influences on the Uptake of and Engagement With Health and Well-Being Smartphone Apps: Systematic Review, *J Med Internet Res* 2020;22(5):e17572

<https://www.jmir.org/2020/5/e17572/>

Munafo, M & Davey-Smith (2020) Robust research needs many lines of evidence, *Nature*

<https://www.nature.com/articles/d41586-018-01023-3>

Cresswell, J & Plano-Clark, VL. (2011). *Designing and Conducting Mixed Methods Research* (2nd Ed.) Sage

Burt, Jenni and Farquhar, Morag (2016) *Mixed Method Approaches: the Promises and the Pitfalls*

<http://eprints.ncrm.ac.uk/3806/>

¹ General resources that underpinned / informed the session to greater / lesser degrees

² Specific papers that informed the session; arranged in order of appearance

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Curry, L. A., Krumholz, H. M., O'Cathain, A., Plano Clark, V. L., Cherlin, E., & Bradley, E. H. (2013). Mixed methods in biomedical and health services research. *Circulation. Cardiovascular quality and outcomes*, 6(1), 119–123.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3569711/>

Palinkas, L. et al. (2015) Purposeful sampling for qualitative data collection and analysis in mixed method implementation research

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4012002/>

Baxter, R. et al. (2019) A qualitative positive deviance study to explore exceptionally safe care on medical wards for older people

<https://qualitysafety.bmj.com/content/28/8/618>

Squires, J. et al. (2014) Understanding practice: factors that influence physician hand hygiene compliance <https://pubmed.ncbi.nlm.nih.gov/25419774/>

McGowan, L. et al. (2020) How can use of the Theoretical Domains Framework be optimized in qualitative research? A rapid systematic review

<https://bpspsychub.onlinelibrary.wiley.com/doi/full/10.1111/bjhp.12437>

Keyworth, C., Epton, T., Goldthorpe, J., Calam, R. and Armitage, C.J. (2020), Acceptability, reliability, and validity of a brief measure of capabilities, opportunities, and motivations (“COM-B”). *Br J Health Psychol*, 25: 474-501.

<https://onlinelibrary.wiley.com/action/showCitFormats?doi=10.1111%2Fbjhp.12417>

Taylor, N., Lawton, R., Slater, B. *et al.* The demonstration of a theory-based approach to the design of localized patient safety interventions. *Implementation Sci* 8, 123 (2013).

<https://implementationscience.biomedcentral.com/articles/10.1186/1748-5908-8-123>

O’Cathain, A.. et al. (2010) Three techniques for integrating data in mixed methods studies

<https://www.bmj.com/content/341/bmj.c4587>

Heather L. Gainforth, Kate Sheals, Lou Atkins, Richard Jackson & Susan Michie (2016) Developing interventions to change recycling behaviors: A case study of applying behavioral science, *Applied Environmental Education & Communication*, 15:4, 325-339

<https://www.tandfonline.com/doi/abs/10.1080/1533015X.2016.1241166?scroll=top&needAccess=true&journalCode=ueec20>

Sekhon, M. et al., (2017) Acceptability of healthcare interventions: an overview of reviews and development of a theoretical framework

<https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-017-2031-8>

Reiner, C et al. (2020) Driving and accelerating the adoption of electric vehicles in the UK

<https://www.gov.uk/government/publications/using-behavioural-insights-to-increase-uptake-of-electric-vehicles-in-the-uk>

Curran, G.M. Implementation science made too simple: a teaching tool. *Implement Sci Commun* 1, 27 (2020).

<https://implementationsciencecomms.biomedcentral.com/articles/10.1186/s43058-020-00001-z>

Bosk, C et al. (2009) Reality check for checklists

<https://www.thelancet.com/journals/lancet/article/PIIS0140673609614409/fulltext>

Knowles, S. (2018) Theory vs The Thing Explainer

<https://datapatientaction.wordpress.com/2018/02/06/theory-vs-the-thing-explainer/>

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Michie S, Richardson M, Johnston M, Abraham C, Francis J, Hardeman W, Eccles MP, Cane J, Wood CE. The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions. *Ann Behav Med*. 2013 Aug;46(1):81-95.

<https://pubmed.ncbi.nlm.nih.gov/23512568/>

Behavioural Insights Team (2014) EAST: Four Simple Ways to Apply Behavioural Insights

<https://www.bi.team/publications/east-four-simple-ways-to-apply-behavioural-insights/>

O’Cathain, A., *et al.* (2019) Taxonomy of approaches to developing interventions to improve health: a systematic methods overview

<https://pilotfeasibilitystudies.biomedcentral.com/articles/10.1186/s40814-019-0425-6>

Claire Garnett, David Crane, Robert West, Jamie Brown, Susan Michie, The development of *Drink Less*: an alcohol reduction smartphone app for excessive drinkers, *Translational Behavioral Medicine*, Volume 9, Issue 2, April 2019, Pages 296–307

<https://academic.oup.com/tbm/article/9/2/296/4992624>

Other³

Aunger, R & Curtis, V. (2016) Behaviour Centred Design: towards an applied science of behaviour change <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5214166/>

Gawande (2013) Slow Ideas, New Yorker

<https://www.newyorker.com/magazine/2013/07/29/slow-ideas>

Gopnik (2015) The Outside Game, New Yorker

<https://www.newyorker.com/magazine/2015/01/12/outside-game>

Hagger, M, & Weed, M. (2019) DEBATE: Do interventions based on behavioral theory work in the real world? <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-019-0795-4>

Kelly, M. P., & Barker, M. (2016). Why is changing health-related behaviour so difficult?. *Public health*, 136, 109–116.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4931896/>

Kelly, M. P., Kriznik, N. M., Kinmonth, A. L., & Fletcher, P. C. (2019). The brain, self and society: a social-neuroscience model of predictive processing. *Social neuroscience*, 14(3), 266–276.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6467179/>

Kok, F. et al. (2014) A taxonomy of behaviour change methods: an Intervention Mapping approach

<https://www.tandfonline.com/doi/full/10.1080/17437199.2015.1077155>

Michie et al. (2020) Slowing down the covid-19 outbreak: changing behaviour by understanding it, *BMJ Opinion*

<https://blogs.bmj.com/bmj/2020/03/11/slowing-down-the-covid-19-outbreak-changing-behaviour-by-understanding-it/>

Ogden, J. (2015) Celebrating variability and a call to limit systematisation: the example of the Behaviour Change Technique Taxonomy and the Behaviour Change Wheel

<https://www.tandfonline.com/doi/full/10.1080/17437199.2016.1190291>

Peters, G-J. (2014) A practical guide to effective behavior change: How to identify what to change in the first place <https://psyarxiv.com/hy7mj/>

³ Other reading that’s either short and/or fun and/or provide a different perspective on applied behavioural science

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Raviv, S. (2018) The Genius Neuroscientist Who Might Hold the Key to True AI
<https://www.wired.com/story/karl-friston-free-energy-principle-artificial-intelligence/>

van der Westhuizen Helene-Mari, Kotze Koot, Tonkin-Crine Sarah, Gobat Nina, Greenhalgh Trisha.
Face coverings for covid-19: from medical intervention to social practice *BMJ* 2020; 370
<https://www.bmj.com/content/370/bmj.m3021>