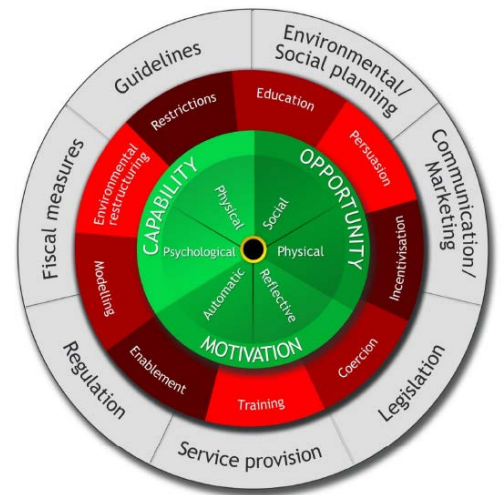

Designing interventions using the Behaviour Change Wheel

A one day workshop co-hosted by the NHMRC Centre of Research Excellence in Translational Research in Musculoskeletal Pain and the Centre for Behaviour Change, University College London (Australasian Hub)



Monday 22nd February 2016 10.00am – 4.30pm

Room 704, Alan Gilbert Building, 161 Barry Street, University of Melbourne

Facilitated by Dr Lou Atkins - UCL Centre for Behaviour Change

This one day workshop will introduce the principles of behaviour change and demonstrate how these can be applied to a range of practical problems to improve health and the delivery of health care services. Participants will be introduced to methods to:

- Identify and analyse key behaviours in context, describing how capability, opportunity and motivation interact to support behaviour change
- Identify targets for change using the COM-B model
- Apply the Behaviour Change Wheel to develop a broad strategy for behaviour change
- Identify specific Behaviour Change Techniques to include in interventions in the strategy



Lou Atkins PhD is a researcher, trainer and consultant in behaviour change intervention design and evaluation in health and environmental sustainability. Dr Atkins is a Senior Teaching Fellow of the Centre for Behaviour Change (University College London, UK) where she leads the teaching programme. She is also a member of the Health Psychology Research Group at University College London. Lou is also co-author of the book *Behaviour Change Wheel: A Guide to Designing Interventions*.

To register: <http://ecommerce.mdhs.unimelb.edu.au/categories.asp?CID=54>

\$600 standard registration, \$400 for students.

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