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outset was a further key strategy was guided by the Behaviour Change Wheel, which provided a structured and systematic approach to develop this multi-component intervention (Toomey et al, 2019, under review) Title –

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Dr Jeremy Oliver Senior  
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The Behaviour Change Wheel

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and introduces a systematic,  
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The Behaviour Change Wheel  
Book - A Guide To Designing

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'behaviour change wheel'  
(BCW) around which are  
positioned the nine  
intervention functions aimed  
at addressing deficits in  
one or more of these  
conditions; around this are

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identifying the intervention  
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