Behaviour Change Intervention Ontology Training Module 10:

How to use the Behaviour Change Intervention Ontology (BCIO) to specify, compare and apply theories and models

QUIZ

Test your knowledge by answering the questions below.

VIDEO 1

Question 1: Why are ontologies valuable for theory specification?

1. The create visually appealing diagrams
2. To add complexity to theories by adding additional constructs and relationships
3. To standardize and represent constructs and their relationships in a structured and unambiguous manner
4. To reduce the number of theories by abandoning theories that are not well specified

Question 2. A core reason why theories of behaviour change are useful is their ability to:

1. Enforce rules and regulations for behaviour control
2. Provide a historical perspective on human behaviour
3. Guide the development of more effective behaviour change interventions
4. Predict future behaviours and outcomes with absolute certainty

*****ANSWERS ARE ON THE NEXT PAGE*****

ANSWERS

THE CORRECT ANSWERS ARE IN BOLD

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VIDEO 2

Question 1: How do theories explain findings of behaviour change interventions?

1. By proposing how mechanisms of action of behaviour change techniques may work together
2. By suggesting different types of intervention. That might be more effective
3. By specifying the constructs in the theory in more detail
4. By linking behaviour change techniques to methods of delivery

Question 2: What is the main purpose of the Theory and Techniques Tool?

1. To provide information about the links between behaviour change techniques and mechanisms of action
2. To provide information about the links between behaviour change techniques and modes of delivery
3. To provide information about the links between behaviour change techniques, mechanisms of action and behavioural outcomes
4. To provide information about the links between behavour change techniques and a given theory of behaviour change

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