**Behavioural Analysis**

**Target Behaviour:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Group:** | **Facilitators** | **Barriers** | **What needs to change for the target behaviour to occur?** | **Action** |
| **CAPABILITY**  Knowledge and skills to be able to do the behaviour |  |  |  |  |
| **OPPORTUNITY**  Time, resources and social support to be able to do the behaviour |  |  |  |  |
| **MOTIVATION**  Think it is a good idea, part of your role and worthwhile |  |  |  |  |
| **Behavioural diagnosis of the relevant COM-B components:** | | | | |

**Action: Code this column as follows**To be able to perform the target behaviour: ✓ Does not need to change Δ Needs to change a little ΔΔ Needs to change a lot