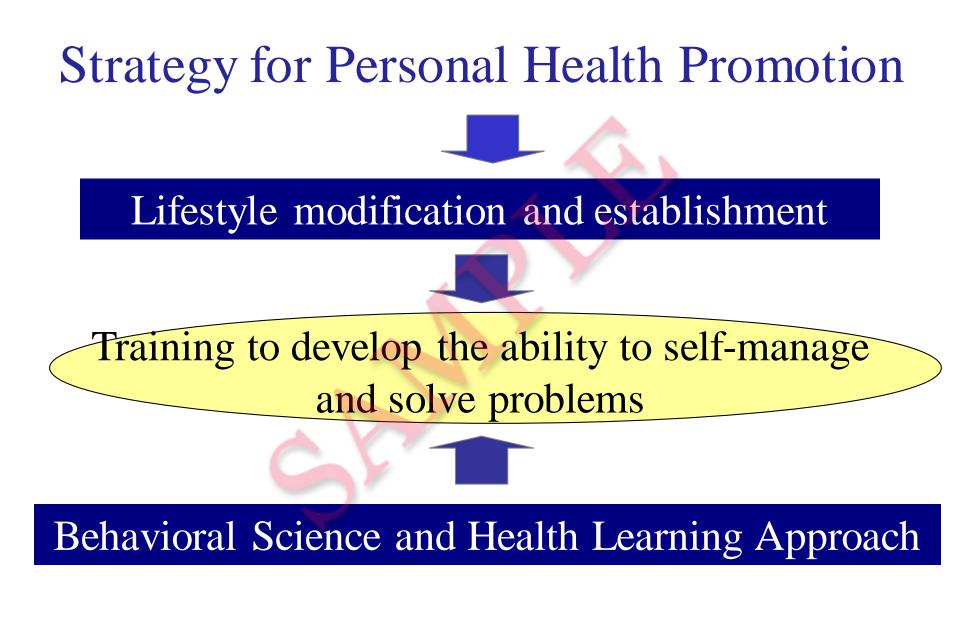


## Health guidance to support sustainable behavior modification



## Behavior Change Interventions for Health Promotion

## Principle of intervention

Do not change the behavior directly; instead, change the factors controlling the behavior.

- Main intervention techniques
- 1) Behavioral change technique
  - Control the environmental factors affecting the behavior.
- 2) Cognitive behavioral change technique

Evaluate cognitive factors (such as thoughts, beliefs, attributions, hopes, and images) to make a change.