



# Health guidance to support sustainable behavior modification

# Strategy for Personal Health Promotion



Lifestyle modification and establishment



Training to develop the ability to self-manage  
and solve problems



Behavioral Science and Health Learning Approach

# 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.