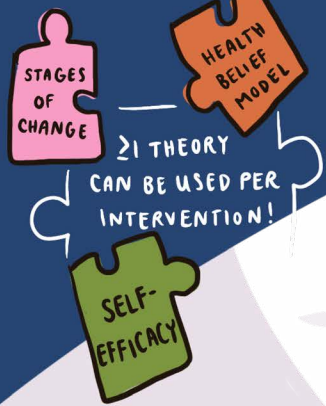
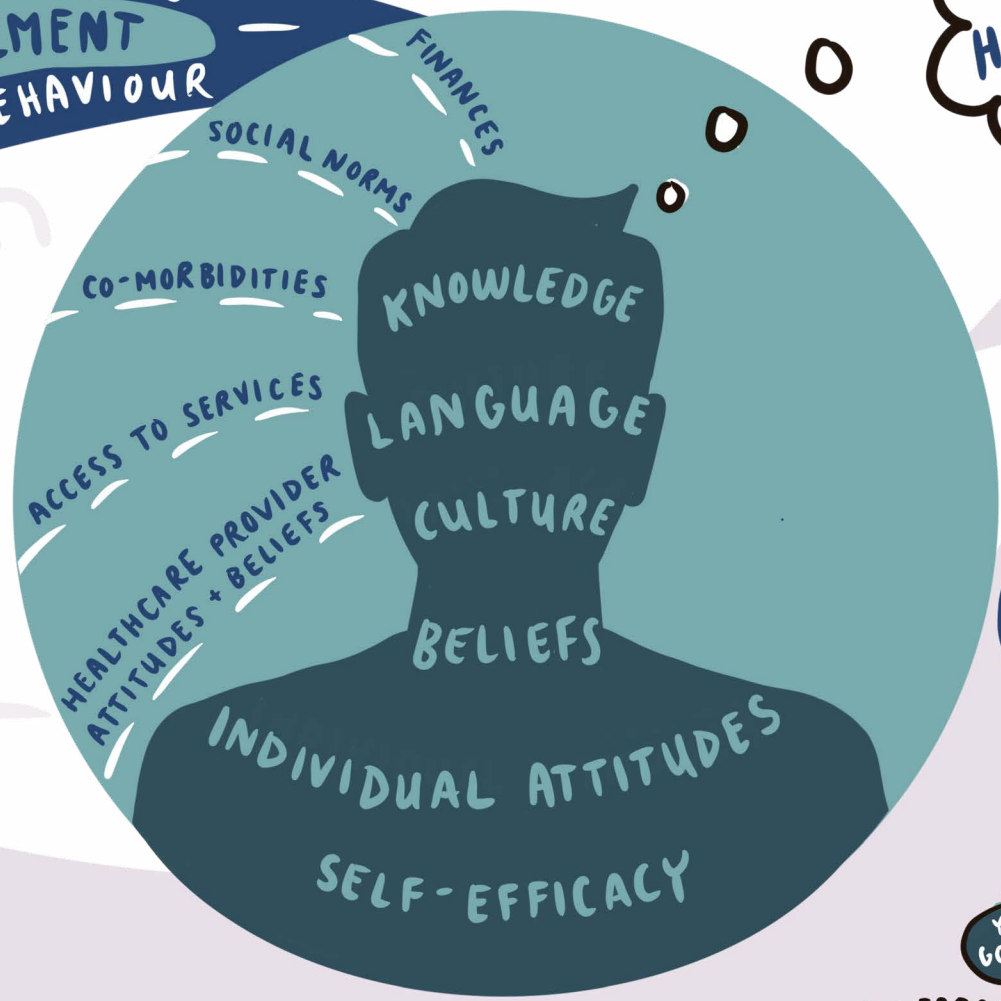


OVERVIEW OF BEHAVIOUR CHANGE THEORY

THEORIES OF BEHAVIOUR CHANGE



FACTORS INFLUENCING SELF-MANAGEMENT OF HEALTH BEHAVIOUR



DESIRED HEALTH OUTCOMES

HEALTH BEHAVIOUR CHANGE

YOU GOT THIS

VERBAL PERSUASION

REINTERPRETING SYMPTOMS

MODELLING OTHERS

SKILLS MASTERY

WAYS TO INCREASE SELF-EFFICACY

