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# Behaviour

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## Source

*Rachel Davis, Rona Campbell, Zoe Hildon, Lorna Hobbs, Susan Michie. (2014). Theories of behaviour and behaviour change across the social and behavioural sciences: a scoping review. *Health Psychology Review*, vol. 9 (3), 323-344.*

Anything a person does in response to internal or external events. Actions may be overt (motor or verbal) and directly measurable or, covert (activities not viewable but involving voluntary muscles) and indirectly measurable; behaviours are physical events that occur in the body and are controlled by the brain