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# Theory

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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.

a set of concepts and/or statements with specification of how phenomena relate to each other. Theory provides an organising description of a system that accounts for what is known, and explains and predicts phenomena