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# Self-monitoring

Behaviour Change Intervention Ontology (BCIO)

## Source

*Behaviour Change Intervention Ontology (BCIO)*

**Definition:** A mental process in which one observes one's own behaviour or mental processes.

**Comment:** There are behaviour change techniques labelled 'Self-monitoring of behaviour' and 'Self-monitoring of outcome of behaviour'. These are about establishing a method for monitoring states. In contrast, the MoA is the mental process of monitoring. 'Self-monitoring of behaviour' is defined as 'Instruct self recording of specified behaviour/s (with or without associated thoughts, emotions, situations) as part of a behaviour change strategy ' (Michie et al., 2013). 'Self-monitoring of outcome of behaviour' is defined "Establish a method for the person to monitor and record their behavior(s) as part of a behavior change strategy" (Michie et al., 2013).

*This definition was imported from the Behaviour Change Intervention Ontology (see <https://bciosearch.org/>). Comments and suggestions for improvements are welcome using the Qeios review system.*

*Definitions imported from the Behaviour Change Intervention Ontology (BCIO) are what are known as 'ontological definitions'. See this article in Qeios for an explanation <https://www.qeios.com/read/YGIF9B>.*

*Ontological definitions can sometimes be hard to read. In those cases we also include an informal definition.*

*Definitions also often require elaboration to make it clear how they should be used and what they include. In those cases we include a comment.*

*Also, definitions sometimes require an explanation as to how they came about to help users understand how they relate to alternative definitions. In those cases we include a curator note.*

