

Definition

Self-monitoring

Behaviour Change Intervention Ontology (BCIO)

Definition: A 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.