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Induce anticipated regret BCT

Behaviour Change Intervention Ontology (BCIO)

Source

Behaviour Change Intervention Ontology (BCIO)

Definition: An inform about emotional consequences BCT that focuses on expectations of remorse after performing or not performing the behaviour.

Comment: If suggests adoption of a perspective or new perspective in order to change cognitions also code 'suggest different perspective on behaviour BCT' or one of its child classes

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.