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# Set behaviour goal BCT

Behaviour Change Intervention Ontology (BCIO)

## Source

*Behaviour Change Intervention Ontology (BCIO)*

**Definition:** A goal setting BCT that sets a goal for the behaviour to be achieved.

**Comment:** A goal is a cognitive representation of an end state towards which one is striving. The goal could be set for the self or another person. Only code if there is sufficient evidence that the goal is set as part of intervention; if goal is a behavioural outcome, code 'set outcome goal BCT'; if goal unspecified code 'goal setting BCT'; if the goal defines a specific context, frequency, duration or intensity for the behaviour, also code 'action planning BCT'.

*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.*

