Self-monitor outcome of behaviour BCT

Behaviour Change Intervention Ontology (BCIO)

Source

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Definition: A monitoring BCT in which the person uses a method to monitor and record an outcome of their behaviour.

Comment: If monitoring is part of a data collection procedure rather than a strategy aimed at changing behaviour, do not code; if self-monitoring behaviour, code 'self-monitor behaviour 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.