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Behavioural self-regulation of behaviour

Behaviour Change Intervention Ontology (BCIO)

Source

Behaviour Change Intervention Ontology (BCIO)

Definition: Self-regulation of behaviour through the performance of a different behaviour.

Informal definition: A behaviour undertaken to modulate the frequency, rate or extent of a different behaviour, the specific actions or reactions of a person in response to external or internal stimuli, and that is instigated by the person.

Comment: Behavioural self-regulation of behaviour can be an MoA or outcome depending on how 'behavioural self-regulation of behaviour' is described in an intervention. The Behaviour Change-Intervention Ontology includes the class 'outcome behaviour' (definition: Human behavior that is an intervention outcome.), which would not be an MoA. When an intervention targets behavioural self-regulation of behaviour to achieve an outcome behaviour, the former qualifies as an MoA.

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.