Mind-body behaviour

Behaviour Change Intervention Ontology (BCIO)

**Source**

*Behaviour Change Intervention Ontology (BCIO)*

**Definition:** An individual human behaviour that involves performing activities improve wellbeing by increasing the interconnectedness between mind and body.

*This definition was imported from the Behaviour Change Intervention Ontology (see [https://bciosearch.org/](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.*