Qeios

Peer Review

Review of: "Development of a Tool (CACTIS) to Aid the Design of Behaviour Change Interventions Using the COM-B Model, Behaviour Change Wheel, and Behaviour Change Techniques Ontology"

Esther Adaji[1]

1. University of Nevada, Las Vegas, United States

I commend the effort that has gone into developing the CACTIS tool. As researchers, we are constantly thinking about how to design interventions that are theory-informed and focused on the most relevant behavioral factors. One major strength of CACTIS is that it provides a structured way to identify which COM-B domains are most important to the behavior being studied. By asking users to consider both the strength of the evidence and the relevance or room for improvement, the tool helps researchers focus on the domains that should be prioritized.

Another strength is the clear link between COM-B domains, intervention functions, and behavior change techniques. This makes it easier to move from identifying a behavioral problem to thinking about what could actually be done to address it.

One limitation is that the prioritization categories could be clearer. In my use of the tool, factors were mainly identified as high or medium priority, while low-priority factors were not as clearly distinguished. A clearer low-priority category could make the decision-making process easier to interpret.

Overall, CACTIS is a useful tool that can help researchers design more focused and theory-based behavior change interventions.

Declarations

doi.org/10.32388/MF0CHY

Potential competing interests: No potential competing interests to declare.