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# Mental plan for a behaviour

Behaviour Change Intervention Ontology (BCIO)

## Source

*[Behaviour Change Intervention Ontology \(BCIO\)](#)*

**Definition:** A mental plan that is realised in mental processes representing the steps to enact a behaviour and the conditions under which the behaviour will be enacted.

**Comment:** The term 'plan' can sometimes be used to refer to intention and sometimes for instructional plans. 'mental plan for a behaviour' involves plans for which details about the behaviour (when [specific times], where, how or with whom) are specified.

*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.*

