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Set measurable outcome goal BCT

Behaviour Change Intervention Ontology (BCIO)

Source

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Definition: A set outcome goal BCT that describes the behavioural outcome to be achieved in terms of a measurable target.

Comment: An outcome goal might be set in general terms - e.g. "to lose weight" or in measurable terms - e.g. "to lose 5kg of weight" or "to lose 10% of my body weight". Use this class for measurable outcome goals

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.