

# Review of: "A brief introduction to the COM-B Model of behaviour and the PRIME Theory of motivation"

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**Potential competing interests:** The author(s) declared that no potential competing interests exist.

I enjoyed reading this synopsis, especially the additional detail to the COM-B framework. I used the COM-B theory for my PhD work and I labored to explain the model and how I was applying it to my work. With the detailed description within the model as well as the additional captioned information, application of the COM-B framework has been simplified. I also loved the summarized PRIME framework and the clarity provided; I can now comfortably apply it to my work. My research interests are in health policy and implementation of clinical guidelines where behavior change is key.