Structured interview topic guide

What do you think an individual management plan should include in an ideal world?

DISCUSSION AND INTRODUCTION OF IDEA OF BEHAVIOURAL SPECIFICATION, GOAL SETTING AND ACTION PLANNING

When it comes to you personally doing behavioural planning that includes these things what do you think it would take for you to create one with every patient?

We’re going to go through a few options that might apply in any situation relating to behaviour in general. In this case we’re talking about creating a plan with every patient you see. You might feel some don’t apply to you and that is fine. Some of the items may seem strange but that it is because I’ve tried to include anything that might possibly apply to behaviour across the board just so nothing that might be important to you gets missed out.

If you think something is important we’ll chat a bit more about why you think it might be important for you.

So, to create a plan with every patient, would you have to….

Capability

1. Know more about why it is important eg have a better understanding of the benefits of behavioural planning

2. know more about how to do it eg have a better understanding of effective ways to create a plan with a patient

3. have better physical skills

4. have better mental skills eg learn how to reason more effectively or think on your feet

5. have more physical strength

6. have more mental strength eg develop stronger resilience against the temptation to miss the IMP out or do a short version

7. overcome physical limitations eg get around problems relating to disability

8. overcome mental obstacles eg reduce unwanted feelings or temptations

9. have more physical stamina

10. have more mental stamina eg develop greater capacity to maintain mental effort

Opportunity

11. have more time to do it

12. have more money

13. have the necessary materials eg be given better tools to create a plan

14. have it more easily accessible

15. have more people around you doing it too eg be part of a crowd or culture

16. have more triggers to prompt you eg more reminders at strategic times

17. have more support from others eg have your colleagues or head of department behind you

Motivation

18. feel you want to do it enough eg feel more of a sense of pleasure or satisfaction from doing it

19. feel that you need to do it enough eg care more about the negative consequences of not doing it

20. believe that it would be a good thing to do eg have a stronger sense that you should do it

21. develop better plans for doing it eg have a clearer and better developed plan for achieving it

22. develop a habit of doing it eg get into a pattern of doing it without having to think

23. something else…

Based on the self-evaluation questionnaire described in ‘The Behaviour Change Wheel: a guide to designing interventions’ by Michie, Atkins and West (2014)