THEORIES OF BEHAVIOR CHANGE

Defining Theories of Behavior Change

Behavior change is often a goal for staff working directly with constituents, organizations, governments, or communities. Individuals charged with this task can be thought of as “interventionists” whose goal it is to design and implement programs or interventions that produce the desired behavioral changes (Glanz, Lewis, & Rimer, 1990, p. 17). As Glanz, Lewis, and Rimer (1990) suggest, designing interventions to yield behavior is best done with an understanding of behavior change theories and an ability to use them in practice (1990, p. 19). The goal of this Gravitas, therefore, is to introduce three major theories of behavior change, describe the key variables of behavior change models, and to explore the link between behavior change and attitude.

The Key Elements of Behavior Change

Before exploring behavior change models in depth, it is important to understand the variables that are essential to the models. Below is a select list of the variables common to many behavior change models as well ways to maximize on these variables when attempting to evoke a behavior change.

<table>
<thead>
<tr>
<th>Key Element</th>
<th>Definition</th>
<th>Strategies for Behavior Change</th>
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<tbody>
<tr>
<td>Threat</td>
<td>A danger or a harmful event of which people may or may not be aware.</td>
<td>Raise awareness that the threat exists, focusing on severity and susceptibility.</td>
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<tr>
<td>Fear</td>
<td>Emotional arousal caused by perceiving a significant and personally relevant threat.</td>
<td>Fear can powerfully influence behavior and, if it is channeled in the appropriate way, can motivate people to seek information, but it can also cause people to deny they are at-risk.</td>
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<tr>
<td>Response Efficacy</td>
<td>Perception that a recommended response will prevent the threat from happening.</td>
<td>Provide evidence of examples that the recommended response will avert the threat.</td>
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<tr>
<td>Self-Efficacy</td>
<td>An individual’s perception of or confidence in their ability to perform a recommended response.</td>
<td>Raise individuals’ confidence that they can perform response and help ensure they can avert the threat.</td>
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Theories of Behavior Change

Major Theories of Behavior Change

1. Social Cognitive Theory

Bandura's Social Cognitive Theory proposes that people are driven not by inner forces, but by external factors. This model suggests that human functioning can be explained by a triadic interaction of behavior, personal and environmental factors (see figure 1). This is often known as reciprocal determinism. Environmental factors represent situational influences and environment in which behavior is performed while personal factors include instincts, drives, traits, and other individual motivational forces. Several constructs underlie the process of human learning and behavior change. These variables may also intervene in the process of behavior change.

- **Self-efficacy** — A judgment of one's ability to perform the behavior.
- **Outcome Expectations** — A judgment of the likely consequences a behavior will produce. The importance of these expectations (i.e., expectancies) may also drive behavior.
- **Self-Control** — The ability of an individual to control their behaviors.
- **Reinforcements** — Something that increases or decreases the likelihood a behavior will continue.

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• **Emotional Coping** — The ability of an individual to cope with emotional stimuli.

• **Observational Learning** — The acquisition of behaviors by observing actions and outcomes of others’ behavior.

**How can this theory inform your practice?**

• To increase levels of self-efficacy it may be important to provide resources and support to raise individual confidence. Others have suggested that to raise self-efficacy behavior change should be approached as a series of small steps.\(^4\)

• Bandura\(^3\) writes that even when individuals have a strong sense of efficacy they may not perform the behavior if they have no incentive. This seems to suggest that if we are interested in getting others to enact behavior change it may be important to provide incentives and rewards for the behaviors.

• Shaping the environment may encourage behavior change. This may include providing opportunities for behavioral change, assisting with those changes, and offering social support.\(^4\) It is important to recognize environmental constraints that might deter behavior change.

2. **Theory of Planned Behavior**\(^5,6,7\)

The theory of planned behavior (figure 2) suggests that behavior is dependent on one’s intention to perform the behavior. Intention is determined by an individual’s attitude (beliefs and values about the outcome of the behavior) and subjective norms (beliefs about what other people think the person should do or general social pressure). Behavior is also determined by an individual’s perceived behavioral control, defined as an individual’s perceptions of their ability or feelings of self-efficacy to perform behavior. This relationship is typically dependent on the type of relationship and the nature of the situation.

**How can this theory inform your practice?**

• Intention has been shown to be the most important variable in predicting behavior change, suggesting that behaviors are often linked with one’s personal motivation.\(^8\) This suggests that it may be important to present information to help shape positive attitudes towards the behavior and stress subjective norms or opinions that support the behavior.

• For perceived behavioral control to influence behavior change, much like with self-efficacy, a person must perceive that they have the ability to perform the behavior. Therefore, as Grizzell\(^7\) suggests, perceived control over opportunities, resources, and skills needed is an important part of the change process.


3. Transtheoretical (Stages of Change) Model

The transtheoretical model (figure 3) proposes change as a process of six stages. Precontemplation is the stage in which people are not intending to make a change in the near future (often defined as the next 6 months). Contemplation is the stage where people intend to change (within the next 6 months). People in this stage are aware of the pros of changing but also can identify the cons. Preparation represents the stage where people have a plan of action and intend to take action in the immediate future (within a month). Action is the stage in which people make the behavior change and maintenance represents the stage where people work to prevent relapse. Finally, termination represents that stage where individuals have 100 percent efficacy and will maintain their behavior. This stage is the most difficult to maintain, so many people remain a lifetime in maintenance.

How can this theory inform your practice?

- It is essential to match behavior change interventions to people’s stages. For example, if an individual is in the precontemplation stage it is important to raise their awareness about a behavior in order for them to contemplate making a behavior change.

- Without a planned intervention, people will remain stuck in the early stages due to a lack of motivation to move through the stages. Prochaska, Johnson, and Lee suggest a series of activities that have received empirical support, which help individuals progress through the stages:
  - Consciousness-Raising — increasing awareness of the causes (providing educational materials, confrontation, media campaigns, feedback, etc.)
  - Dramatic Relief — producing an emotional experience which is followed by a reduced affect if some action can be taken (personal testimonies, media campaigns, drama)
  - Self-reevaluation — inviting individuals to make cognitive and emotional assessments of their self image (clarify values, provide healthy models, using imagery)
  - Environmental reevaluation — assessments of how the presence or absence of a behavior might impact one’s social environment (documentaries, personal stories, family interventions)

What if attitude change (as opposed to behavior) is your goal?

Behavior change may not always be your goal. It may become a priority to change attitude or public opinion about some issue. You might also wish to change attitude before behaviors. Whatever your goal, it is important to understand how individuals adopt attitudes. Existing research is also helpful in defining the process of attitude change.

CONCEPTUALIZING ATTITUDE

Scholars Zanna and Rempel view attitude as having many causes. They view attitude not as something stable or predisposed to the individual, but as something that might change based on internal or external cues. Figure 4 illustrates how attitude is generated from cognition (a source of information), affect (feel-

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ings, emotions associated with an object that can influence attitude), and past behaviors. Individuals evaluate new sources of information against previous or other information and evaluate it as favorable or unfavorable.

**CONSIDERATIONS FOR CHANGING ATTITUDE (ZANNA & REMPEL, 1988)**

When presenting information to change attitudes it is important that the information is consistent and congruent so that individuals can form a single attitude about an object.10

- When attempting to change attitudes it may be advantageous for persuaders to use multiple methods. These methods may include a) disseminating information, b) including messages that are high in affect or emotion, or c) messages that connect attitudes to past behaviors.10
- Since individual characteristics are usually stable over time, Herek11 suggests that efforts should focus on changing perceptions about groups or objects and creating situations that will foster attitude change. Herek also suggests “priming” whereby situational factors prime a person to be more receptive to a message (for example, asking about a related issue for which the individual might hold a favorable position).
- Remember that attitude may not directly cause a behavior change! Kim and Hunter12 showed that behavior intent acts as a mediator in attitude-behavior relationships. Behavioral intent is someone’s willingness to engage to various behaviors. This implies that when striving to change attitudes (and eventually behaviors) it is important to stress the benefits of performing the behavior, the social appropriateness of performing the behavior, and positive affect for the behavior.12

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The Communication for Governance and Accountability Program (CommGAP), a global program at the World Bank, seeks to confront the challenges inherent in the political economy of development. By applying innovative communication approaches that improve the quality of the public sphere – by amplifying citizen voice; promoting free, independent, and plural media systems; and helping government institutions communicate better with their citizens – the program aims to demonstrate the power of communication principles, processes and structures in promoting good and accountable governance, and hence better development results.

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