

# Designing an intervention to reduce the rate of surgical intervention in women with pelvic floor dysfunction using the Behaviour Change Wheel

## The Behaviour Change Wheel (BCW)

- Step 1:** Explore the problem in behavioural terms
- Step 2:** Select the target behaviour
- Step 3:** Specify the target behaviour
- Step 4:** Conduct a behavioural diagnosis



- Step 5:** Identify intervention functions
- Step 6:** Identify policy categories
- Step 7:** Identify behaviour change techniques (BCTs)
- Step 8:** Specify the intervention

### STEP ONE

Exploring pelvic floor dysfunction in behavioural terms:



### STEP TWO

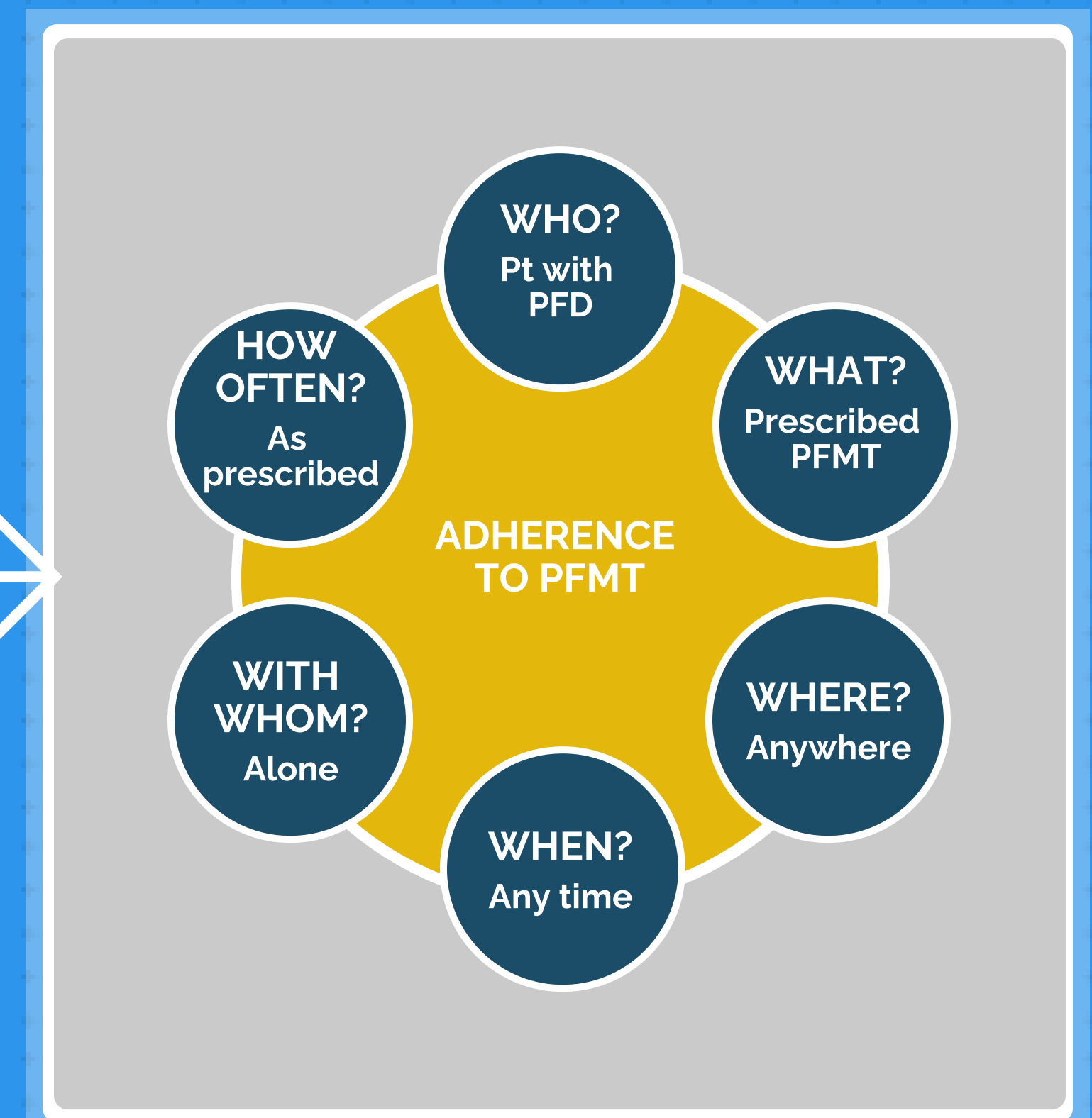
Selecting the target behaviour:

ACTOR	BEHAVIOUR	LIKELY IMPACT	EASE OF CHANGE	SPILL-OVER	EASE OF MEASURE
Individual	Adheres to PFMT	High	Low	High	High
Individual	Seeks help/advice	Low	Low	High	High
GP	Gives advice	High	Low	Low	High
GP	Makes referral	High	Low	Low	High
Commissioners	Commission service	High	Low	Low	High
Consultant	Gives advice / lists for surgery	High	Low	Low	High
Consultant	Makes referral	High	Low	Low	High
Physio-therapist	Gives advice / treatment	Low	High	Low	High
Commercial sector	Promotes containment	High	Low	High	Low
Social circle	Shares experience	High	Low	High	Low
Policy department	Sets policy	High	Low	Low	High

Based on literature review and pragmatic considerations

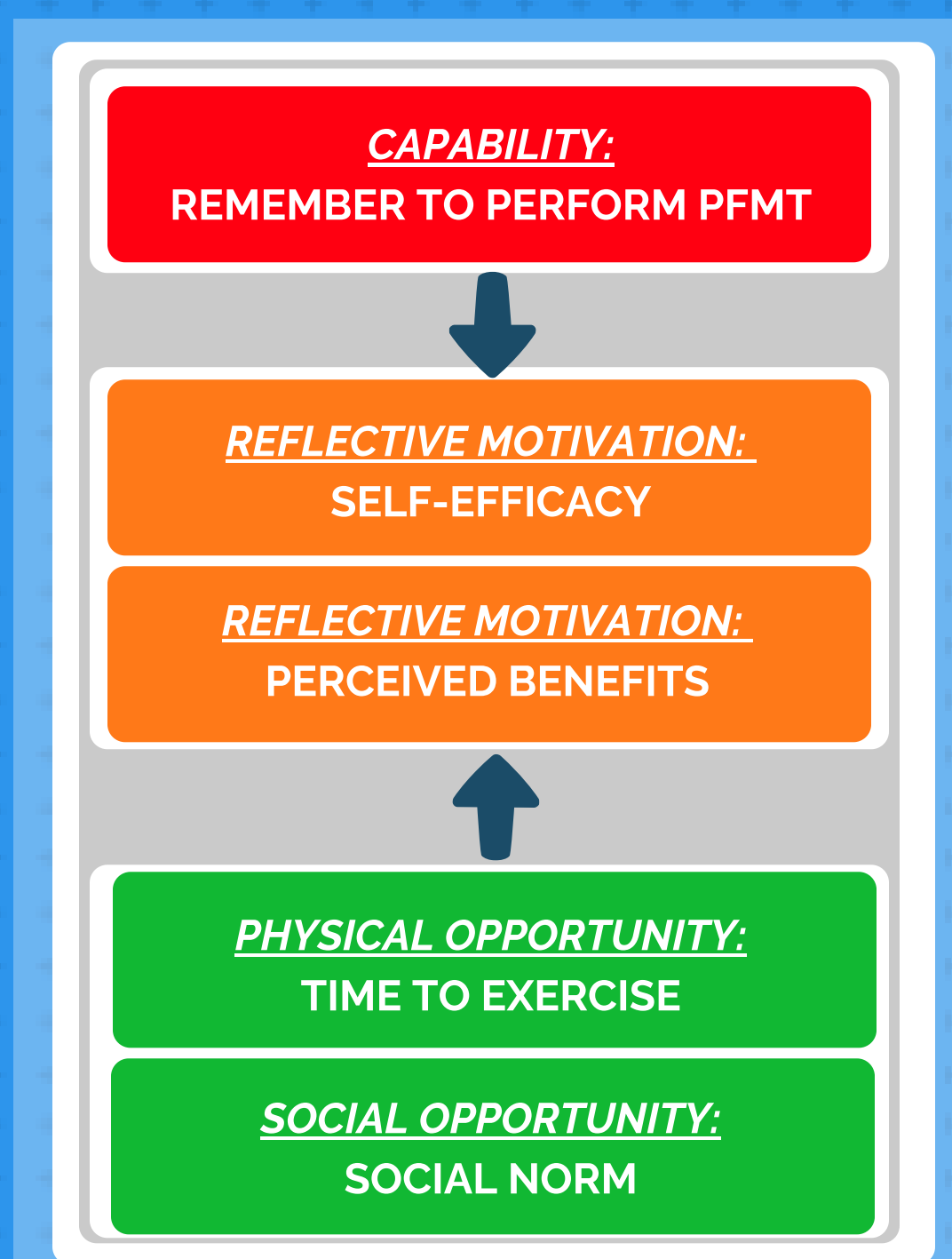
### STEP THREE

Specifying the target behaviour:



### STEP FOUR

Conducting a behavioural diagnosis using COM-B:



Based on literature review

### STEP FIVE

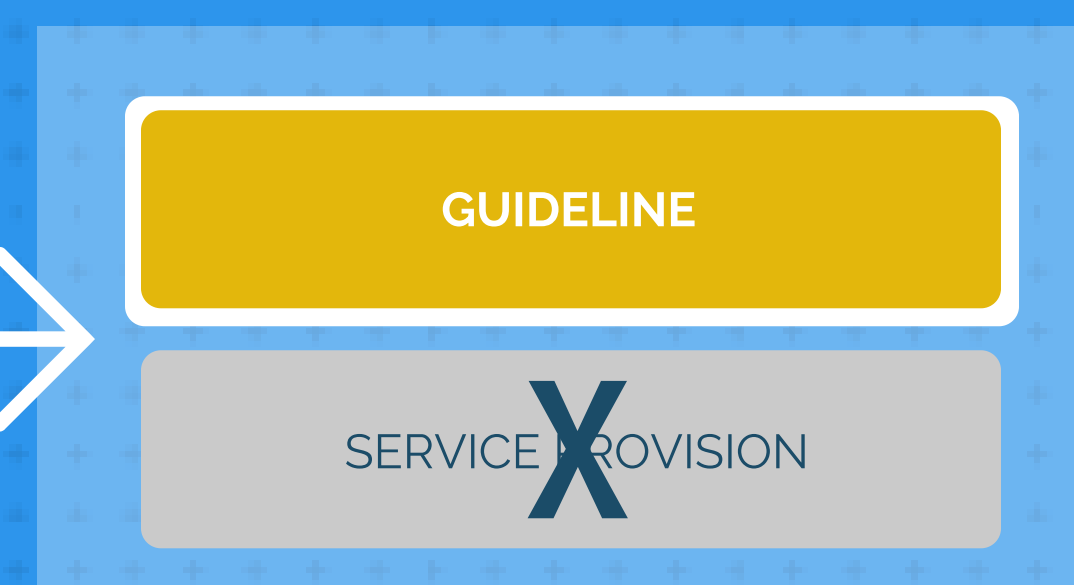
Identifying intervention functions:



Based on 'APEASE' assessment and the BCW matrix

### STEP SIX

Identifying policy categories:



Based on 'APEASE' assessment and the BCW matrix

### STEP SEVEN

Identifying BCTs:



Based on 'APEASE' assessment and the BCT Taxonomy v1

### STEP EIGHT

Specifying the intervention



### NEXT STEPS

Evaluation

