

# Behavior Modification Theory

- Patient actively involved in the process
  - ◆ Setting realistic short term goals
  - ◆ Determining their confidence to achieve each goal
  - ◆ Receiving feedback on success and revise plan
  - ◆ Receiving lifestyle/physical activity counseling (prompts to increase adoption and maintenance)
  - ◆ Develop social support systems

# Behavior Modification Theory And Practice

**M Carnoy**



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