

Implementation of the self-regulation techniques in MyPlan 2.0

Providing information on the consequences of behaviour

The website offers the option to take a quiz regarding the chosen health behaviour (i.e. increasing physical activity or decreasing sedentary behaviour). The quiz consists of five statements about the positive effects of the chosen behaviour. Each solution is accompanied by a short and easy text describing the scientific research that has been carried out to answer the question.



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Is the next statement true or false?

“By being more active you lower your chances on a major depression”

True

False

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Figure 1. Example of a quiz question

Providing feedback on performance

Participants complete a short questionnaire regarding the selected health behaviour (i.e. a shortened version of the International Physical Activity Questionnaire (IPAQ) or a last 7-days sedentary behaviour questionnaire) and receive tailored feedback.



Figure 2. Example of the tailored feedback

Action planning




During this component, users specify their actions in terms of what, where and when by answering open and multiple choice questions. Several tips are provided to make the action plan feasible (e.g. “Choose for one goal instead of multiple goals, this increases the chance of goal attainment”).



Figure 3: Example of a question in the action planning component

Barrier identification / Problem solving

'Barrier identification/problem-solving' is implemented by asking users which barriers they can perceive and which solutions are possible to overcome these barriers.

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Living up to a new plan is not always easy. Research shows that it is really important to consider potential barriers in advance. When this barrier appears, you will have an immediate solution at hand! What could be an important barrier for you?

- I might forget about my plan
- I might not feel like doing it
- other priorities (e.g. family visit, unexpected task)
- bad weather
- Other:







Figure 4. Barrier identification / problem solving

Prompting self-monitoring

Self-monitoring is prompted by letting users choose from a list how they will monitor their own behaviour (e.g. via their calendar, in a notebook, ...).

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It is often recommended to monitor your actions. This way you can see how it is going and if you are actually becoming more physically active. How will you do this?

- a booklet
- my calendar or my diary
- my computer
- my mobile phone
- the calendar of MyPlan
- I would rather not keep track of this every day




Figure 5: Prompting self-monitoring

Planning social support

At the end of the first session 'planning social support' is introduced: users read about how to elicit social support, how to talk about behaviour change to significant others, and how to find opportunities to engage in behaviour change together with other people.



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Adopting a healthier way of living is not always easy... Your environment can play an important role. Some people receive a lot of support from their partner, family or friends. For others this is not the case. It might be that your environment has little interest in your lifestyle or they are not aware of the advantages of adopting a healthy way of living. This might make you less motivated as well. If you are looking for ways to get more social support from you environment you might read some of the advices below. Here we describe ways to discuss your plans with others or how you can find other people to be physically active with.

- My Partner
- Friends/Family
- Unknowns
- Colleagues

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Figure 6: Planning social support