Appendix B – Behavioural Diagnosis

Target behaviour: Reducing and stopping antidepressant medication		
BCW/COM-B Components	**What needs to happen for the target behaviour to occur?**	**Proposed intervention element**
Physical capability *Physical skill, strength or stamina*	• Understanding how to reduce doses physically: e.g. how to take tapered medication appropriately, in order to reduce the occurrence of side effects.	• **GP** • **Internet intervention modules** • **Telephone support**

Psychological capability
Knowledge or psychological skills, strength or stamina to engage in necessary mental processes
	• Detailed, accessible guidance on the withdrawal process in general (setting up appropriate expectations)
	• Improving knowledge on how to withdraw (practicalities)
	• Developing psychological skills to manage the process:
	  ○ Managing psychological side effects of withdrawal
	  ○ Understanding helpful appraisals of symptoms
	  ○ Learning about the prevention of relapse, managing fear of recurrence
	  ○ Developing skills to manage life-stressors cognitively and behaviourally
	Social Cognitive Theory (SCT) and research will be broadly drawn on to ensure information/techniques are described and applied to align with evidence-based principles for increasing self-efficacy
		• **Internet intervention modules**
		• (Telephone support)

Physical opportunity *Opportunity afforded by the environment involving time recourses, locations, cues, physical affordance*	• Ability to access and get to GP appointments/pharmacy to collect reduced dose antidepressants	• **General practitioner (as a function of usual care)** • **Telephone support/advice**
Social opportunity *Opportunity afforded by interpersonal influences, social cues and cultural norms that influence the way we think about things*	• Close social network (family/friends) of patient may need to be supportive of the withdrawal process/attempt	• **Brief overview material developed for family members/friends**
Reflective motivation *Reflective processes involving evaluations/beliefs about what is good and bad, and plans (self-conscious intentions)*	• Modification of beliefs about depression: o Exploring the nature of depression in a way that aligns with behavioural/cognitive management o Discussing impact of beliefs and expectations about chronicity o Exploring effect of analogies with physical conditions (diabetes/asthma) o Acknowledging complexity re our understanding of depression in an accessible manner • Modification of beliefs about antidepressant medication: o Addressing beliefs about addiction/dependency o Exploring the serotonin hypothesis; evidence, balanced implications, rationale for behaviour/cognition to substitute medication	• **Internet intervention modules** • **Internet intervention modules**

	• Foster motivation to withdraw through discussion of benefits, reduction of side effects, potential for increase in agency, potential for effective use of alternatives to pharmacological management • Facilitate clear planning for the withdrawal process e.g. human contacts, management strategies, access to rapid/emergency support *Inductive qualitative work (meta-synthesis and primary qualitative research) and theory will be used to inform this material*	• **General practitioner** • **Telephone support/advice**
Automatic motivation *Automatic processes involving emotional reactions, desires (wants and needs) impulses, inhibitions, drive states and reflex responses*	• Encourage awareness of automatic disruptive modes/thought process that may trigger or be triggered by symptoms • Work on developing habitual healthier responses to symptom occurrences	• **Internet intervention modules**
Behavourial diagnosis of the relevant COM-B components	Although all areas of the COM-B model will need to be addressed to some extent, **psychological capability** and **reflective motivation** are likely to be the key targets for a supported digital intervention to help patients withdraw from antidepressant medication	

References:

1. Michie S, van Stralen MM, West R. The behaviour change wheel: a new method for characterising and designing behaviour change interventions. Implement Sci. 2011;6:42.
2. Michie SF, Atkins L, West R. The behaviour change wheel: a guide to designing interventions. London: Silverback Publishing; 2015