

Abstract title: Co-creating behaviour change technique activities with people who will deliver them: The Cards for Change

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Background: The Behaviour Change Technique Taxonomy describes 93 discrete behaviour change techniques. The smoking cessation behaviour change technique taxonomy, describes 43 discrete techniques for behaviour change support in smoking cessation.

Objectives: We aimed to develop two packs of cards with a description of a behaviour change technique on one side and a feasible, enjoyable suggestion for using that technique in health professional training or smoking cessation conversations.

Methods: With a group of experts in a) behaviour change (N=2), b) health professional training or smoking cessation (N=28) and c) both (N=6), we ran co-creation workshops to propose, discuss and refine behaviour change techniques and ways of using them in practice. The smoking cessation workshops included bilingual experts so that the cards could be produced in English and Welsh. The other set of cards has been directly translated into French.

Results: We created suggestions for a proportion of techniques: 34 education and training cards and 43 smoking cessation cards. Experts thought that some techniques could not be carried out independently or at all. Experts had advice about how to deliver techniques and how to make playing with the cards engaging, making learning about behaviour change techniques more enjoyable and effective.

Conclusion: The Cards for Change illustrate a co-creation method of developing feasible behaviour change technique examples. Further, they demonstrate using game approaches to learn about behaviour change techniques. Future research will concentrate on exploring the feasibility and discriminant content validity of the activities and the efficacy of the game approach in learning about behaviour change techniques.