

Understanding ambivalence in health-related behaviour change interventions: A scoping review protocol

Manuela González- González^{1,2} M.Sc., Parasca Pisten¹, Nana Wu^{1,2} PhD., Laurance Paquet¹ M.Sc., Kim Lavoie^{1,3} PhD, and Simon Bacon^{1,2} PhD.

1. Montreal Behavioural Medicine Centre - CIUSSS-NIM, Montreal, Quebec, Canada. 2. Department of Health, Kinesiology and Applied Physiology - Concordia University, Montreal, Quebec, Canada. 3. Department of Psychology - Université de Québec a Montreal, Montreal, Quebec, Canada.

INTRODUCTION

- Though ambivalence is important in how patients modify their behaviour there is a **lack of consensus on the way ambivalence is understood and defined**, and thus how it influences the behaviour change process.

OBJECTIVES

- To **identify the different definitions of ambivalence** in health-related behavioural interventions;
- To detail the reported **role of ambivalence** in the behaviour change process

METHODS



DATA EXTRACTION

GENERAL

- Author
- Publication year
- Country of the study
- Study type/subtype
- Aims

POPULATION

- Intervention type
- Targeted behaviour

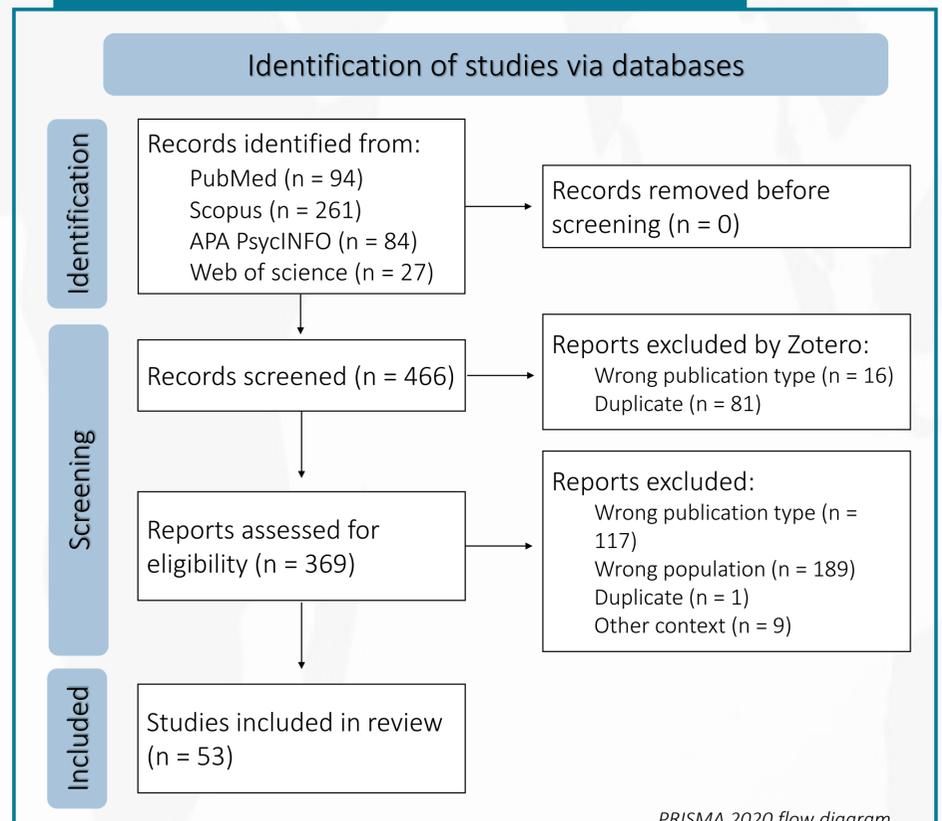
CONCEPT

- Ambivalence term
- Type of definition
- Definition
- Tools used

CONTEXT

- Health-related area

SCREENING RESULTS



CONCLUSION

- This scoping review will inform researchers and interventionist about the **gaps in properly using and defining a complex term** such as ambivalence in health-related behaviour change

ADDITIONAL INFORMATION



Protocol Registration

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