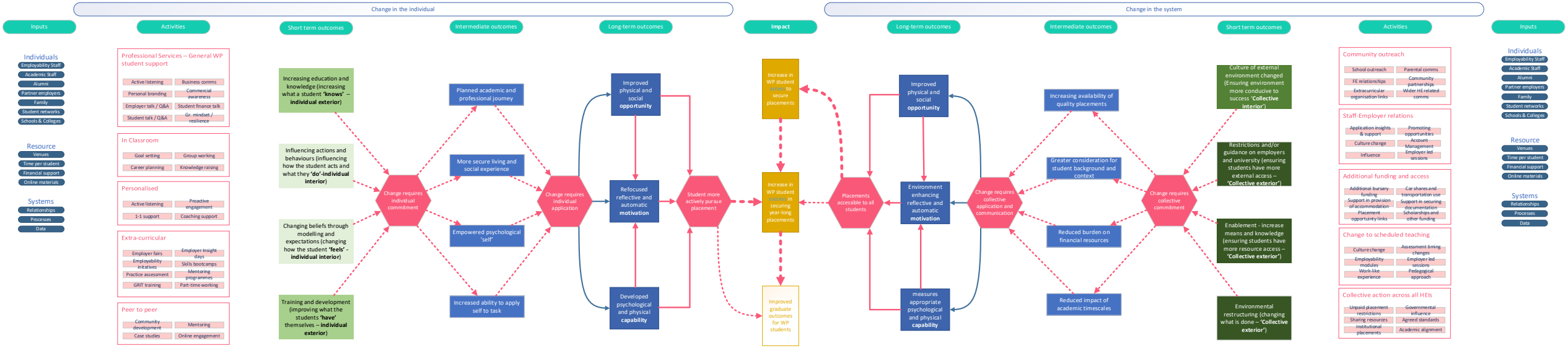
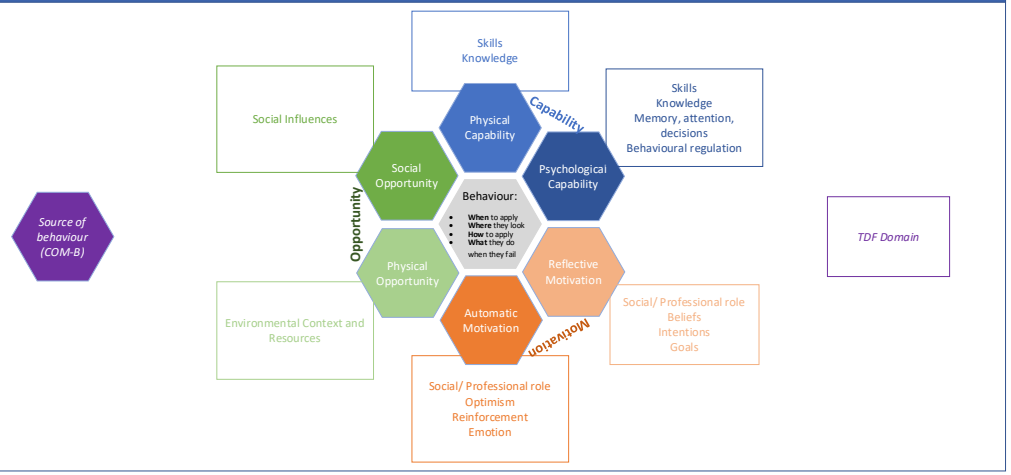
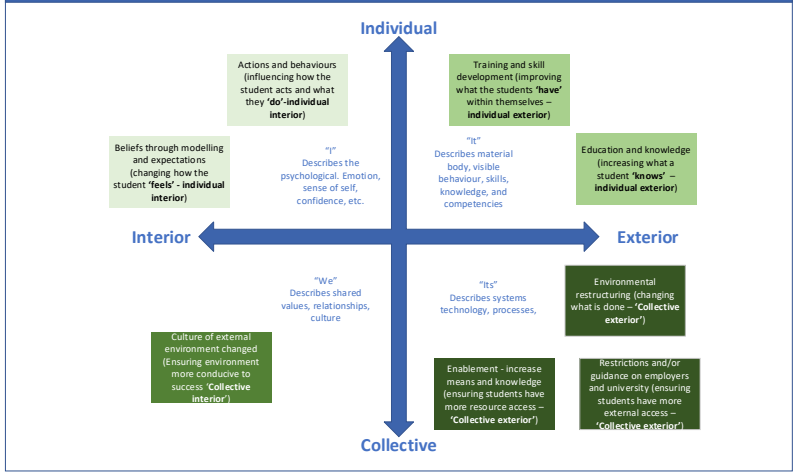
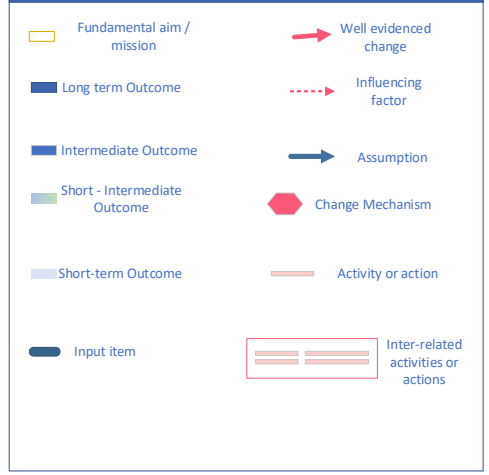


COM-B Model (Michie & West, 2011) and TDF (Atkins, 2017)



"Short-term outcome" Coding against Integral Theory (Wilber, 1997)



Theory of Change Key