Scoping Review of Theories and Classification Systems of Multiple Behaviours and Multiple Goals in Behavioural Science

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Rationale
➢ A broad understanding of multiple behaviours and goals (MBGs) is necessary for complex behaviour change.
➢ Still, the behavioural science literature on MBGs is limited in relation to the definition of constructs and their relationships.

Aim
➢ To increase the knowledge related to how constructs of MBGs have been conceptualised, described and operationalised in the context of behavioural science.

Methods
➢ Comprehensive literature search was conducted:
   - **Search methods:**
     i. Electronic databases (e.g. PubMed),
     ii. Ontology sources (e.g. Ontology Lookup Service),
     iii. Pre-existent review (Michie et al. 2014).
➢ Study selection and data extraction is being executed independently by two researchers (e.g. theory label, brief description, definition of MBGs related constructs).

Preliminary Results
For theories:
➢ The initial search process identified 416 papers and 221 duplicates were removed.
➢ 37 full-text papers have been included and 58 are being assessed.
➢ From the pre-existent review, 15 out of the 83 theories were included.
➢ A total of 52 papers/theories were included to date.

For classification systems:
➢ The initial search process identified 245 records and 127 duplicates were removed.

Ongoing Steps
➢ Finalise searches: expert consultation.
➢ Finalise data extraction.
➢ Critically appraise identified theories and classification systems according to pre-defined quality criterion.

Theories:
➢ To date, 38 theories and adaptations have been identified (e.g. Reflective Impulsive Model, Theory of Goal Systems).
➢ Most theories focus on single goals or on the dynamics between two goals (e.g. impact of goal facilitation or goal conflict).
➢ Not all theories provide definition of the construct “goal”.

References