Promoting physical activity for disabled people who are ready to become physically active:

Jaarsma, Eva; Smith, Brett

[Link to publication on Research at Birmingham portal](#)

Table 2. Behaviour Change Techniques present in intervention studies.

BCTs	Arbour-Nicitopoulos et al, 2009	Arbour-Nicitopoulos et al, 2014	Kennedy et al, 2006	Latimer et al, 2006	Pelletier et al, 2014	Warms et al, 2004	Thomas* et al, 2011	BCT frequency
Prompt self-monitoring of behaviour	x	x	x	x	x	x	x	7
Provide information on consequences of behaviour to the individual	x	x			x	x	x	5
Barrier identification/problem solving	x	x			x	x	x	5
Use of follow up prompts		x	x		x	x	x	5
Goal setting (behaviour)		x		x		x	x	4
Action Planning	x	x		x		x		4
Provide instruction on how to perform the behaviour	x	x		x			x	4
Prompt review of behavioural goals	x			x	x	x		4
Prompt rewards contingent on effort or progress towards behaviour		x					x	2
Provide information on where and when to perform the behaviour	x						x	2
Plan social support/social change		x	x					2
Motivational Interviewing		x				x		2

* The intervention by Thomas et al, 2011 was the only non effective intervention study included in this systematic review.