

Table 3: Examples of interventions using health behaviour theories

Theory	Citation	Setting	Study method	Aim	Intervention/s	Results
HBM	89	Singapore	Randomised controlled trial (RCT)	Increase medication adherence of geriatric pharmacy clients	Pharmacist consultation to minimise therapeutic duplication; simplify regimen; improve effectiveness of regimen and decrease adverse drug reactions and cost (decrease barriers); and improve medication knowledge, clinical status and perception (increase perceived benefits). Specific counselling and adherence boosting strategies for nonadherent patients.	Increased adherence
PMT	90	United States	Experimental before-after	To increase adherence	Theoretically focussed audiotape addressing	Booklet alone increased adherence at 3 and 6 months;

			study with random assignment	and clinical outcomes for asthma patients	vulnerability, severity, self-efficacy and response efficacy, or standard educational booklet or both.	combination increased adherence at 6 months.
SCT	91	Spain	RCT	To improve long-term adherence to highly active antiretroviral therapy	Received explanation of reasons for starting treatment and need for adherence; doubts discussed and resolved; dosage schedules developed collaboratively; and participants were taught to manage their medication. During follow up visits adherence was verbally reinforced and strategies developed to solve emerging problems.	Weakly significant improvement in adherence at week 48.
TPB	92	UK	RCT	To improve	Establishing participants' salient	Improved attitudes, limited

				the dietary habits of hospital workers	beliefs, reinforcing correct ones and refuting incorrect ones.	effect on fat consumption
Self regulatory	93	The Netherlands	RCT	To increase adherence to treatment of essential hypertension	Discussing emotional or cognitive representations that might hinder adherence; or discussing plans for adherence action	No difference
Stages of change (SOC)	94	UK	Cluster RCT	To prevent and end smoking in school-children	Students completed a computerised questionnaire and received feedback on their 'stage' and how it had changed since the last session. Questionnaires were interspersed with recordings,	No difference

					relevant to the stage of change of young people talking about smoking. One hour lesson on stages of change as control.	
IMB	17	United States	RCT	To promote adherence to antiretroviral therapy	Medication manager provided tailored adherence support over time, identifying and addressing information, motivation and skills.	Lower rate of virologic failure on or after 4 months.