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through a cross disciplinary literature review this article identifies sixty two behavioral theories from 963 search results mapping them in a diagram of four groups factors strategies learning and conditioning and modeling and points to five discussion points understanding of terms classification guidance on the use of appropriate th

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the concept of health behaviour has become ubiquitous in health related research and intervention studies as well as among policymakers developed from psychology it is based on a number of key underlying assumptions that enable it to be integrated in an existing health research paradigm health psychology the science of health and behavior

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behavior modification is a psychotherapeutic intervention primarily used to eliminate or reduce maladaptive behavior in children or adults while some therapies focus on changing thought processes that can affect behavior behavior modification focuses on changing specific behaviors with little consideration of a person s thoughts or feelings

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behavior can be analyzed at genetic physiological whole organism and population levels and the concepts used to analyze behavior should be appropriate to each level one can ask causal structural and functional questions about

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