



how clubbers do drugs... and how to plan user-based harm reduction

a crash course in **a**cyclic **b**ehavior **c**hange **d**iagrams



In this crash course, your group is tasked to make a number of lightning-fast decisions to design a harm-reduction intervention that will be implemented in Berlin nightlife settings. To this end, you will use an Acyclic Behavior Change Diagram (; <https://doi.org/jp9t>).

Below, we describe your designated target behavior, its context, and the available knowledge on why people engage in this behavior (a positive relationship, ) or refrain from engaging in this behavior (a negative relationship, ). This includes each subdeterminant's Potential for Change Index: a numeric indicator of, well, its potential to contribute to change in the target behavior.

target behavior: **dosing GBL within the guidelines**

GBL is notoriously hard to dose: determining the right dose can be hard, and time to onset of effects can vary considerably, sometimes causing people to redose too early.

(sub)determinants of dosing GBL within guidelines

Subdeterminant	Determinant	Potential for Change Index
 If I dose GBL within the guidelines, I prevent an overdose.	Attitude	1.3
 If I dose GBL within the guidelines, I contribute to a safer clubbing atmosphere	Attitude	1.1
 It is awkward to lose self-control.	Attitude	0.9
 Using too much GBL may get me banned from a venue.	Attitude	1.2
 My tolerance for GBL is very high.	Attitude	0.4
 Dosing GBL correctly is very hard.	Self-efficacy	0.6
 My friends often use too much GBL.	Perceived norms	1.8
 Vomiting and blackouts are a normal part of using GBL.	Self-efficacy	0.2
 The higher the GBL dose you use, the more negative health effects there are.	Attitude	1.3
 When friends offer a GBL redose, it's very hard to refuse them.	Self-efficacy	0.5

Your task is to select 3-5 subdeterminants, match them to behavior change principles, and apply those in a proposed intervention.





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resources for intervention mapping step 2: **exploring (sub)determinants**, or

why people (don't) do what they do

This page is meant to give extra background information about the task on the other side of this A4, and to link to additional resources in case you want to read more about determinant selection.

Behavior change interventions work through changing what people believe: for example, correct misunderstandings about risks of a given behavior, or shift perceived social norms. These things are known as psychological constructs, and constructs that predict behavior are called (sub)determinants. For an intervention to work, therefore, it has to target relevant (sub)determinants. There are many (sub)determinants. A small selection that are important for many different behaviors:

Attitude Expectations about positive or negative consequences of a behavior to yourself

Perceived norms Perceptions of what others (dis)approve of and of the behavior of others

Self-efficacy The degree to which you think you can successfully perform the target behavior

Knowledge Factual, general knowledge about how things work: things that could be in an encyclopedia

Determinants are generic constructs that can be relevant for any behavior. Subdeterminants (also: beliefs or change objectives) are specific to a given behavior, population, and context (for example, specific consequences of a behavior, such as a hangover from drinking too much). Different behaviors are predicted by different determinants. To read more about this, you can consult the following (open access) sources:

- Peters (2014) A practical guide to effective behavior change: how to identify what to change in the first place. doi.org/ghm78g
- Crutzen, Peters & Noijen (2017) Using Confidence Interval–Based Estimation of Relevance to Select Social-Cognitive Determinants for Behavior Change Interventions. doi.org/ghtfz9
- Crutzen & Peters (2023) A lean method for selecting determinants when developing behavior change interventions. doi.org/js9b
- The Determinant Selection Table (which also links to a brief explanation of the Potential for Change Index, or PΔ): <https://behaviorchange.openscience/articles/determinant-selection-table.html>

