



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

a crash course in **a**cylic **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: **using a safe snorting device**

Although snorting drugs using bank notes is a famous cultural trope, a number of infections can be transmitted that way. A straightforward harm reduction strategy is to use a safe snorting device instead.

### **(sub)determinants** of using a safe snorting device

Subdeterminant	Determinant	Potential for Change Index
 I feel pleasure snorting drugs with bank notes.	<b>Attitude</b>	<b>1.3</b>
 If I'm already high, it's easier for me to snort with bank notes.	<b>Self-efficacy</b>	<b>1.1</b>
 I don't think my health will be affected by snorting with a bank note.	<b>Attitude</b>	<b>0.9</b>
 I'll break the friendly atmosphere if I use my own device.	<b>Perceived norms</b>	<b>1.2</b>
 While I'm high, I don't care what I use to snort.	<b>Self-efficacy</b>	<b>0.4</b>
 Most of my friends snort with their own device.	<b>Perceived norms</b>	<b>0.6</b>
 Bank notes are part of the ritual.	<b>Attitude</b>	<b>1.8</b>
 I forget to plan to bring a specific device, but I always carry bank notes.	<b>Self-efficacy</b>	<b>0.2</b>
 Using my own device is good for my health and helps me avoid infections,	<b>Attitude</b>	<b>1.3</b>
 People with whom I use drugs feel safer if we use our own devices.	<b>Perceived norms</b>	<b>0.5</b>

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](https://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](https://doi.org/ghtfz9)
- Crutzen & Peters (2023) A lean method for selecting determinants when developing behavior change interventions. [doi.org/js9b](https://doi.org/js9b)
- The Determinant Selection Table (which also links to a brief explanation of the Potential for Change Index, or PA): <https://behaviorchange.openscience/articles/determinant-selection-table.html>

