





## how clubbers do drugs... and how to plan user-based harm reduction a crash course in acyclic behavior change diagrams












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 (<sup>AB</sup><sub>CD</sub>; <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: **getting drugs tested**

Only a minority of drugs are legally produced (e.g. alcohol, coffee, tobacco). Given the resulting lack of quality control, it is vital that people who use drugs first get those drugs tested. This enables people to avoid taking drugs that are contaminated and may have unexpected effects or carry other unforeseen risks. It also allows people to dose the drug properly, as the dose of illegally produced drugs can vary considerably.

### (sub)determinants of getting drugs tested

Subdeterminant	Determinant	Potential for Change Index
 If I get my drugs tested, I will be able to dose better.	<b>Attitude</b>	<b>1.3</b>
 Most of my friends get their drugs tested.	<b>Perceived norms</b>	<b>1.1</b>
 My dealer knows the contents and dosage of the drugs they sell me.	<b>Knowledge</b>	<b>0.9</b>
 If I get my drugs tested, my parents will be informed.	<b>Attitude</b>	<b>1.2</b>
 Getting my drugs tested is easy.	<b>Self-efficacy</b>	<b>0.4</b>
 I know where to get my drugs tested.	<b>Knowledge</b>	<b>0.6</b>
 My friends think it's a good idea if I get my drugs tested.	<b>Perceived norms</b>	<b>1.8</b>
 It is expensive to get my drugs tested.	<b>Knowledge</b>	<b>0.2</b>
 If I get my drugs tested, I will get reliable results.	<b>Attitude</b>	<b>1.3</b>
 It is common to get your drugs tested.	<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.



**STADT NACH ACHT**  
NIGHT FEVER  
INTERNATIONAL NIGHTLIFE CONFERENCE  
16-18 NOV 2023  
BERLIN, RAW GELÄNDE



# how clubbers do drugs... and how to plan user-based harm reduction a crash course in acyclic behavior change diagrams



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 PΔ): <https://behaviorchange.openscience/articles/determinant-selection-table.html>

