

## Faculti Summary

<https://faculti.net/intention-health-behavior/>

This video video discusses research on behavior change, focusing on the importance of modifiable predictors such as behavioral intentions. These intentions, particularly their strength, play a crucial role in predicting whether individuals will change their behavior, like increasing fruit and vegetable consumption or adhering to COVID-19 protective measures.

Key findings include that strong intentions are more predictive of behavior than weak intentions, and the relationship between intentions and behavior is often affected by the stability of those intentions and the priorities people assign to them. The "intention-behavior gap" reveals that even among those who intend to change, many do not follow through, highlighting the need to bridge this gap.

The study involved recruiting a representative sample of UK adults, who completed questionnaires measuring their intentions and behaviors related to COVID-19 safety practices over time. Findings suggest that strong intentions lead to more stable behaviors, and several methods to strengthen intentions were identified, such as increasing knowledge about the behavior, emphasizing its importance, and linking it to personal values.

Implications of the findings indicate that interventions aimed at enhancing intention strength can be effective in promoting behavior change, especially regarding public health and safety behaviors. This video video also calls for future research to explore manipulating intention strength in practical applications and to confirm findings with objective behavioral measures.