

# THE COM-B MODEL

**ACT NOW**



## ASSESSMENT TOOL 3

### **CAPABILITY, OPPORTUNITY, MOTIVATION (COM-B MODEL)**

It is important for you to understand what specific barriers the survivor of stroke may face as they work towards being more active. This will be very different for each individual.

The following questions are based on the 'COM-B Self-Evaluation Questionnaire' (Keyworth 2020). You could use these questions as they are presented, or you could change them slightly to suit the situation more specifically.

The important thing is to ensure that the full range of possible factors are addressed in a way that the relevant information can be elicited from the survivor of stroke.

How you frame the 'lead-in question' will depend on the person you are working with.

#### Instructions

Circle any items on the list that you think could apply. After each section there is some blank space for you to tell me why you think this might be a factor.

#### Lead-in question

When it comes to you personally (doing or not doing X amount of exercise daily), what do you think it would take for you to manage it?  
*I would need to...*



# CAPABILITY

**ACT NOW**

**I would need to...**

**Example:**

Know more about why it was important	Have a better understanding of the benefits of exercise
Know more about how to do it	Have a better understanding of how I can be more active
Have better physical skills	Have better balance
Have better mental skills	Be able to concentrate
Have more physical strength	Build up my muscles to go for a walk
Have more mental strength	Develop resilience to move when it is hard
Overcome physical limitations	Get around problems of my disability
Overcome mental obstacles	Reduce negative self-talk
Have more physical stamina	Develop greater capacity to maintain physical effort
Have more mental stamina	Develop greater capacity to maintain mental effort
Something else (please specify)	

**Why is this a factor?**

# OPPORTUNITY

**ACT NOW**

**I would need to...**

**Example:**

Have more time to do it	Create dedicated time each day
Have more money	Have funds to support the program (e.g. in a gym)
Have the necessary materials	Acquire equipment I need
Have it more accessible	Have better ability to get to relevant places
Have more people around me doing it	Be part of a 'group'
Have more triggers to prompt me	Have more reminders at strategic times
Something else (please specify)	

**Why is this a factor?**

# MOTIVATION

**I would need to...**

**Example:**

---

Feel that I want to do it enough

Feel satisfaction from doing it

---

Feel that I need to do it enough

Care about what might happen to me if I don't do it

---

Believe it would be a good thing to do

Have a stronger sense that one should do it

---

Develop better plans to do it

Have clearer and better plans for doing it

---

Develop a habit of doing it

Get into a routine without having to think about it

---

Something else (please specify)

**Why is this a factor?**

**Now you have determined the potential barriers, in terms of Capability, Opportunity and Motivation, you can refer to the Behavioural Change Strategies.**