

Evidence Analysis Library
Nutrition and Physical Activity: General Population
2023 Evidence-Based Nutrition Practice Guideline

Behavioral Counseling Strategies to Consider when Delivering Nutrition and Physical Activity Interventions*

Counseling Strategy	Description	Strengths	Considerations
Decisional Balance ^{1,2}	A method used to help clients evaluate the advantages and disadvantages (as well as barriers) to making a change to their health and behaviors.	Provides clients an opportunity to weigh the pros and cons of change. Typically, this is done using a decisional balance worksheet, which provides clients a visual of their current thought process related to making a change.	Practitioners should be familiar with behavior change theory and how to implement this method as a part of motivational interviewing.
FRAMES Brief Intervention ³	<p>A directive, client-centered approach that is effective when time is limited.</p> <p>FRAMES stands for:</p> <ul style="list-style-type: none"> • Feedback: give feedback about relevant health information • Responsibility: client is responsible for change • Advice: provide a list of alternatives • Empathy: expressed for client • Self-efficacy: reinforce ability to succeed 	It can be used as a guide for motivational interviewing. Moreover, it is efficacious and feasible in primary healthcare and other medical settings especially when time is limited.	<p>It requires more than one session to change behavior and practitioners need to assess own effectiveness periodically (i.e. number of sessions generally needed to create client change).</p> <p>It also needs to be accompanied with strategies for self-monitoring.</p>
Motivational Interviewing ^{1,2,4}	A powerful client-centered conversation approach intended to facilitate behavior change. This technique explores a	Applied consistently throughout early stages of change when clients are	Practitioner skill takes time to develop, practice, and perform

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	<p>client’s ambivalence and assists clients in discovering their own strengths and motivations for change. The core skills of MI include open-ended questions, affirmations, reflective listening, and summarizing.</p>	<p>ambivalent but is useful in each stage.</p>	<p>consistently and confidently.</p>
<p>Non-Directive⁵⁻⁹</p>	<p>Clients actively lead goal setting and identifying possible solutions. Practitioners support clients by helping them identify decision-making needs, helping clients clarify their values and goals, helping them understand evidence-based options, helping the client identify pros and cons of decisions, and encouraging clients to communicate their needs to others.</p>	<p>Decisions and interventions are individualized to client-centered needs. Client can identify opportunities and barriers that can affect intervention efficacy. Behavior change is self-directed.</p> <p>Combined with evidence-based information, non-directive decision making may improve knowledge.</p>	<p>The practitioner does not advise based on what they think is best for the client. The practitioner supports the client to identify their own goals and interventions to meet these goals.</p> <p>Requires building trust and rapport. The practitioner demonstrates acceptance of client decisions during sessions; congruence between practitioner actions and words; and shows understanding by reflecting back what client says.</p>
<p>Nudge¹⁰</p>	<p>Nudge aims to alter people’s behavior in a predictable way without forbidding any option or significantly requiring economic incentives. The appeal lies in the idea of influencing individual decision-making with minimal effort to support</p>	<p>Behavioral insights help to understand why people often fail to act in their best interest, to follow well-informed preferences or to achieve their set goals. Nudges can help to overcome these challenges by</p>	<p>It should be accompanied with a change in the client’s surrounding environment to ensure systematic changes in behavior.</p>

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	or achieve behavioral changes.	using the same habits, biases, or boundaries to alter decision-making in favor of the more preferred behavior.	
Transtheoretical Model/ Stage of Change ¹¹⁻¹³	Provides a framework for understanding a client's readiness to adapt healthier strategies and allowing them to drive the decision-making steps. This strategy is based on the understanding that long-term changes require small and habitual adaption to each step before greater change can occur. Involves precontemplation to casually consider change, contemplation to brainstorm methods of change, preparation where small steps are taken to achieve a goal, action to modify the behavior, and maintenance to continue the change.	Increases the effectiveness of an intervention by providing small thoughtful steps to prevent intimidation from new habits, providing an effective model of change. This strategy may benefit clients who are overwhelmed by the amount of change needed to achieve their goals.	Not all populations are prepared for actionable changes due to resources, and this must be considered. Requires prolonged guidance and efforts to ensure each step is well achieved before moving on to the next. Leans on the client's own goals and self determination to change.

*Strategies will vary based on scope of practice

References

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