

Brief Action Planning in Health and Health Care

A Scoping Review



Yuri Jadotte, MD, PhD, MPH^{a,b,*}, Benjamin Buchholz, MPH^c,
William Carroll, MD^d, Deirdra Frum-Vassallo, PhD^e,
Janelle MacPherson^f, Steven Cole, MD, MA^{f,g,h,i}

KEYWORDS

- Brief action planning • Motivational interviewing • Self-management support
- Health behavior change • Mental health • Prevention

KEY POINTS

- Brief action planning (BAP) facilitates patient self-management, health behavior change, and health coaching, to optimize health promotion and disease prevention.
- Using a comprehensive search strategy, this scoping review identified 143 relevant papers and clarifies the extent and type of evidence available about BAP to date.
- BAP has been applied primarily in North America, within community settings, and evaluated using relatively high-level research designs.
- BAP has mostly been used for health care, and is mostly grounded within the framework of motivational interviewing, as originally intended.
- The fidelity of BAP remains unclear or underreported, regardless of which fidelity domain is examined.

^a Department of Family, Population, and Preventive Medicine, Renaissance School of Medicine, Stony Brook University, Stony Brook, NY, USA; ^b Northeast Institute for Evidence Synthesis and Translation, Division of Nursing Science, School of Nursing, Rutgers University, Newark NJ, USA; ^c Sickie Cell Center of Excellence, College of Medicine, Howard University, Washington, DC, USA; ^d Department of Medicine, David Geffen School of Medicine, University of California, Los Angeles CA, USA; ^e Health Promotion Disease Prevention, Northport VA Medical Center, Northport, NY, USA; ^f BAP Professional Network, US; ^g Department of Psychiatry, Renaissance School of Medicine, Stony Brook University, Stony Brook, NY, USA; ^h Department of Scientific Education, Zucker SOM at Hofstra/Northwell, Hempstead, NY, USA; ⁱ Department of Psychiatry, Zucker SOM at Hofstra/Northwell, Hempstead, NY, USA

* Corresponding author. Health Sciences Center, Stony Brook University, Level 3, Room 087, Stony Brook, NY 11794

E-mail address: yuri.jadotte@stonybrookmedicine.edu

Med Clin N Am 107 (2023) 1047–1096

<https://doi.org/10.1016/j.mcna.2023.06.018>

[medical.theclinics.com](https://www.medical.theclinics.com)

0025-7125/23/© 2023 Elsevier Inc. All rights reserved.

INTRODUCTION

There is widespread agreement in the literature that the top 2 conditions that cause death both globally and regionally are ischemic heart disease and cerebrovascular disease.¹ However, it is also known that tobacco use, poor nutrition, inadequate physical activity, and the consumption of alcohol are the leading actual causes of death,² and that these factors are preventable, modifiable, and amenable to health behavior change interventions.³ Brief action planning (BAP) is a novel, teachable, feasible, and potentially high-fidelity approach to support patient self-management, facilitate health behavior change, and enhance health coaching. Originally conceptualized circa 2002 by one of the authors of this review (SC), as “ultra-brief personal action planning,” and subsequently with contributions from others renamed BAP,⁴ it was designed to facilitate the self-management support component of the chronic care model for health care transformation.⁵ An important goal is to facilitate the uptake by primary care and mental health providers of a medical interviewing approach that transcends collecting information and engages the patient in action toward self-management and sustainable health behavior change for health promotion and disease prevention.⁴

The approach is considered teachable for several reasons. First, it consists of 8 competencies that aim to help clinicians acquire a set of techniques that can then be applied immediately to subsequent patient care or client cases. Second, the basic structure can be presented in a single didactic session, with asynchronous self-directed online modules available to facilitate this teaching. However, skilled use of BAP also requires the presence of good rapport (eg, engagement, connection) as well as elements of the Spirit of Motivational Interviewing (eg, autonomy support, partnership, and empowerment). These are considerably more difficult to master than the straightforward competencies themselves, so teaching and learning BAP is often best conceptualized as occurring in stages. Recitation of the words tied to the core competencies can be learned and even utilized after a single session exposure. However, the effectiveness with which these competencies can be applied clinically, and whether they are being utilized with the suggested values and attitudes of the “Spirit of MI,” has not yet been clarified. Third, there is evidence that BAP can be integrated into existing teaching models for physicians and other health professionals aiming to teach their trainees methods for encouraging patient and client health behavior change.^{6–8} Lastly, it does not require an extensive curriculum or training, unlike the closely related approach of Motivational Interviewing (MI), an older and more common methodology in the fields of health behavior change, self-management, and health coaching.

BAP is grounded in the principles and practice of MI. Both approaches place a high value on patient engagement and aim to train clinicians to use active listening, open-ended and reflective communication, as well as develop an orientation toward promoting change talk (ie, verbal communication from the patient or client that favors making a change) and minimizing sustain talk (ie, verbal communication from the patient or client that favors the status quo of not making a change). Moreover, BAP is explicitly informed by the “Spirit of MI,” emphasizing the principles of partnership, acceptance/autonomy, compassion, and evocation.⁴ MI as an approach to help patients and clients change their health behaviors has been studied extensively and has been found to be effective via a wide body of literature.^{9,10} Tools, approaches, and methods for the application of BAP in clinical practice are widely available from a variety of sources, including peer-reviewed published articles^{4,6} and organizational websites.^{11,12}

The effectiveness of complex behavioral interventions, such as MI, has been found to vary widely across studies, sites, and providers, and has been linked to the fidelity of the treatment intervention.¹³ Fidelity is defined as the degree of exactness with which something is copied or reproduced.¹⁴ In the realm of health and health care, this is generally understood to mean the degree to which an intervention is delivered at the individual patient care level, or implemented at a systems level, relative to an established intervention that is known to be effective.¹⁵ The notion of effectiveness is grounded in the assumptions of evidence-based decision-making, which are that high-quality primary research studies (ie, randomized controlled trials) have shown that an intervention has a statistically measurable and clinically significant effect, and that the effect of the intervention has been verified further via a synthesis of the primary research studies (ie, systematic review [SR] with meta-analysis [MA]). A search of the Cochrane Library, JBI Evidence Synthesis, and Google Scholar has not identified an SR of the effects of BAP. However, a search of the PROSPERO database has identified a protocol on this topic,¹⁶ suggesting the work of assessing the effectiveness of BAP to date is actively being undertaken.

While the literature suggests that BAP has been widely adopted in different fields,^{4,17–19} the ways in which BAP is being applied in practice is unclear. For example, it is unknown whether each of the 8 competencies of BAP are being taught or applied as originally devised. Clinicians launch BAP with Question One: “Is there anything you’d like to do for your health in the next week or two?” This question is designed to be a grammatically closed-ended but generative and conceptually open question²⁰ that typically produces “change talk” (ie, speech that favors the direction of behavior change). Context-relevant adaptations of Question One are also considered fully aligned and acceptable BAP practice. For example, in the context of an ongoing discussion about smoking, a clinician could launch BAP, with a context-relevant version of Question One, for example, “I’m wondering now that we’ve been discussing your feelings about smoking and stopping smoking, whether you feel like you’d like to go ahead and make a plan about stopping smoking?”

Yet the authors find, based on their own pedagogic practice in BAP, that clinicians, trainees, and students newly exposed to BAP often modify this question as they attempt to emulate the approach or adapt it to fit other medical interviewing approaches (eg, “what would you like to work on today?”). In addition, although BAP was originally grounded in the “Spirit of MI,” its algorithmic approach may lend itself to the adaptation or adoption of BAP to fit within other health counseling traditions, theoretic paradigms or approaches other than MI. Also, not much is known about how BAP effectiveness varies by small modifications in how the core competencies are delivered in practice.

Finally, the extent to which BAP has been adopted in the scholarly practice of different disciplines or professions is not known. A Google search for the exact term “brief action planning” on January 31, 2023, yielded 9280 results, suggesting that there is widespread adoption of at least this terminology in the searchable online ether. But the degree to which this terminological presence of BAP translates into scholarly work on BAP that is validated, replicable, and useable in pedagogic or clinical practice contexts is undetermined. Specifically, within the contexts of health and health care, the conceptual/theoretic grounding of BAP, and the applications of BAP in real world settings, in addition to the fidelity of its delivery or implementation, are currently unknown. Addressing these aspects is critical to facilitating the use of BAP as a health behavior change approach that optimizes health promotion and disease prevention.

A search of the Cochrane Library, JBI Evidence Synthesis, and Google Scholar has not identified a scoping review (ScR) or protocol on this topic. The objective of this

scoping review is to explore the extent and type of evidence that exist in the literature regarding the use of BAP within the context of health and health care.

REVIEW QUESTION

The review question is: what is the extent and type of evidence that exists in the literature regarding the use of BAP within the context of health and health care?

INCLUSION CRITERIA

Participants

Participants in this review were either adults or children, regardless of their professional status (eg, students or non-students, faculty, staff, clinical personnel, patients, educators, administrators), age, gender, race/ethnicity, sexual orientation, profession, specialty, and mental or physical health conditions.

Concept

The review considered articles that included BAP in any format (eg, as an algorithm for guiding planning within the context of or in the absence of MI, as a component of MI, as a research intervention, an educational program, or a practice/systems-based tool or technique for quality improvement).

Context

The context of interest is health or health care. However, articles that did not fit this context from the clinical practice standpoint were not excluded from the review. While the emphasis is on health and health care, it is critical to examine the full breadth of contexts within health and health care where BAP has been used to date in order to answer the review question. For example, health care research, health care education, public health research, and public health education were all considered valid contexts, given their relevance to the broader context of health and health care writ large.

Types of Sources

This scoping review considered both experimental and quasi-experimental study designs including randomized controlled trials, non-randomized controlled trials, before and after studies and interrupted time-series studies. In addition, analytical observational studies including prospective and retrospective cohort studies, case-control studies and analytical cross-sectional studies were considered for inclusion. This review also considered descriptive observational study designs including case series, individual case reports, and descriptive cross-sectional studies for inclusion.

Qualitative studies were also considered that focus on textual data including, but not limited to, designs such as phenomenology, grounded theory, ethnography, qualitative description, action research, and feminist research. In addition, systematic reviews and other forms of evidence synthesis (eg, narrative/traditional literature reviews) that met the inclusion criteria were also considered, depending on the research question. Text and opinion papers were also considered for inclusion in this scoping review. Articles were not excluded based on methodology.

METHODS

The proposed scoping review was conducted in accordance with the JBI methodology for scoping reviews.^{21,22} This scoping review protocol was registered *a priori* in the Open Science Framework (OSF) project registry.²³

Search Strategy

This review utilized a three-step search strategy to identify both published and unpublished studies. First an initial limited search of MEDLINE (PubMed) and CINAHL (EBSCO) was undertaken to identify articles on the topic. The text words contained in the titles and abstracts of relevant articles, and the index terms used to describe the articles were used to develop a full search strategy for 12 databases listed in [Appendix 1](#). Due to the high specificity of the concept under study, the search strategy consisted of the use of a single term that needed to appear verbatim in each article for it to be eligible for inclusion (ie, brief action planning). Articles that did not use this term were not considered in this search, since they did not adhere to this basic and fundamental aspect of BAP.

In addition, keywords related to the population or context were considered too non-specific and unlikely to yield meaningful results. For example, the key words “adult” and “children” would result in millions of irrelevant articles, while the key words “health” and “health care” would not only result in millions of irrelevant articles, but they would also potentially exclude valuable scholarship on BAP that was done in other related contexts, such as education, thereby precluding the synthesis of an evidence map situating BAP in the general literature. The search strategy, including all identified keywords and index terms, was adapted for each included database and/or information source. The reference list of all included sources of evidence was screened for additional studies. Studies published in any language were included and recorded at the title and abstract phase, as long as the records of these were in English, but only English language articles were included at the full-text level. There were no date limitations. No authors of articles were contacted to retrieve data that was not available in the online databases due to time and resource constraints.

Google Scholar was searched to identify unpublished studies. Additional sources of unpublished studies and gray literature included [Clinicaltrials.gov](https://clinicaltrials.gov), the WHO international clinical trials registry platform, and the following organizations’ websites: the American Psychiatric Association (APA) including the Mental Health Services Conference (IPS); the American Psychological Association; the Academy of Consultation-Liaison Psychiatry (ACLP); the American College of Physicians (ACP); the New York Chapter of the American College of Physicians (NYACP); the Motivational Interviewing Network of Trainers (MINT) including the International Conference on Motivational Interviewing (ICMI); the Institute for Healthcare Improvement (IHI); the Centers for Disease Control and Prevention (CDC); the Health Resources and Services Administration (HRSA); the Substance Abuse and Mental Health Services Administration (SAMHSA); and the Indian Health Service (IHS). The NYACP site was searched because BAP was founded by one of the authors (SC) during his appointments at academic institutions in NY.

Study/Source of Evidence Selection

Following the search, all identified citations were collated and uploaded into EndNote version 20/y 2023 (Clarivate Analytics, PA, USA) with all readily identifiable duplicate records removed. Following a pilot test, titles and abstracts were then screened by two or more independent reviewers for assessment against the inclusion criteria for the review. Potentially relevant sources were retrieved in full. The full text of each selected citation was assessed in detail against the inclusion criteria by two or more independent reviewers. Reasons for exclusion of studies or other sources of evidence at full-text review that did not meet the inclusion criteria were recorded and reported. Any disagreements that arose between the reviewers at each stage of the selection

process were resolved through discussion, or with an additional reviewer. The results of the search and the study inclusion process are reported in full in this final scoping review report and presented in a Preferred Reporting Items for Systematic Reviews and Meta-analyses extension for scoping review (PRISMA-ScR) flow diagram.^{24,25}

Data Extraction

Data were extracted from papers included in the scoping review by two independent reviewers using the JBI data extraction tool for ScR,^{21,22} modified by the reviewers to better suit the needs of this review. The modified tool excludes the “scoping review details” and the “inclusion/exclusion criteria” items in the original JBI data extraction tool as these are already stated in the protocol and will not result in the capture of useful data from the included studies. In addition, the results section of the tool was modified to specify the 4 domains of information sought from the included studies. The data extracted included specific details about the participants, concept, context, study methods, and key findings relevant to the review question. In extracting data on the fidelity of BAP from the included papers, we adhered to the recommendations from a prior scoping review that defined the 4 key elements of fidelity in intervention research studies: design, training, monitoring intervention delivery, and monitoring intervention receipt.¹⁵ We also included an additional domain of “Other aspects of fidelity” to capture any element of fidelity that could not be easily classified in one of the other 4 domains.

The data extraction form is provided in [Appendix 2](#). No modifications to the data extraction form were necessary during the process of extracting data from each included evidence source. Any disagreements that arose between the reviewers were resolved through discussion, or with an additional reviewer. No authors of papers were contacted to request missing or additional data due to time and resource constraints, and sensitivity analyses showed that missing data had no meaningful influence on the interpretation of the results.

Data Analysis and Presentation

The data extracted from the included studies are presented in graphs, charts, tables, and diagrams, with the goal of developing evidence gap maps²⁶ that help to answer the research question, by demonstrating the extent to which BAP has been applied in different contexts, professions or disciplines, and by identifying the elements of fidelity to BAP (eg, whether all 8 competencies were taught, whether any elements of the BAP algorithm were modified, and whether MI was integrated into BAP or vice versa and how this was accomplished), and the conceptual/theoretic foundations that BAP was grounded in within the included articles. A narrative summary accompanies the graphed, charted, tabulated, and diagrammed results to describe how the results relate to the reviews objective and question.

RESULTS

Study Inclusion

The search strategy identified 508 papers from the databases and registers and 42 papers from other literature sources, as shown in [Fig. 1](#). De-duplication using EndNote removed 170 records, resulting in 380 records that were eligible for screening. Of those, 76 were excluded by title and abstract, followed by an additional 65 that were further excluded as a full-text paper could not be retrieved after substantive attempts by the authorship team. Of the 239 full-text articles retrieved, 96 were excluded on the following bases: 78 did not address the concept of BAP, 14 were duplicate

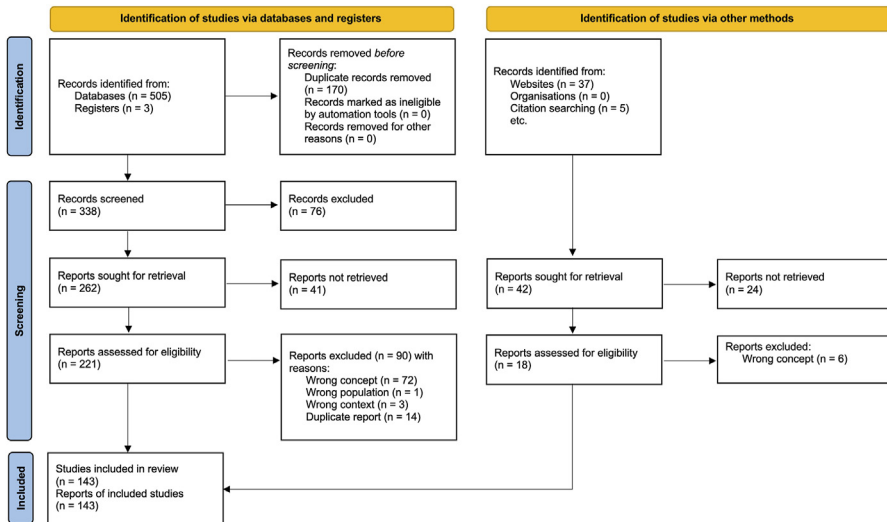


Fig. 1. PRISMA flow diagram. (Source: Page MJ, McKenzie JE, Bossuyt PM et al. The PRISMA 2020 statement: an updated guideline for reporting systematic reviews. *BMJ* 2021;372: n71. Doi: 10.1136/bmj. n71.)

reports of the studies already included, 3 did not address any identifiable context of relevance (eg, health, health care, or education), and 1 was not about either adults or children. [Appendix 3](#) lists the citations for the 96 articles excluded by full-text review with a reason for exclusion provided for each article. The remaining 143 articles were included in this review.

Characteristics of Included Studies

The articles were published between the years 2006 and 2023, with the great majority being published between 2012 and 2022. [Fig. 2](#) illustrates a distribution of articles related to BAP ranked by year of publication. Most articles using BAP originate from North America (ie, 46% in the USA, and 42% in Canada), with the remaining articles coming from a small number of other countries or regions (ie, 5% in the UK, 4% from multiple countries, and 1% each from Australia, Iran, Mexico, and Germany). [Fig. 3](#) illustrates these geographic proportions.

Nearly a third (29%) of all participants experiencing BAP were located in community settings, meaning that they were members of the general public, as compared to patients in a clinic setting, which represented a quarter of sites of BAP application (25%). School settings are also well represented in the literature on BAP, ranking 3rd among the identifiable sites at 13% of articles, while the setting was not specified in 15% of articles. The remaining sites are represented in single digits: 9% in various combinations of clinic, hospital, and community settings; 6% in health systems writ large; 2% in hospitals; and only 1% in research settings. [Fig. 4](#) depicts the sites/settings where participants in BAP were located.

Lastly, there is wide variation in the types of evidence sources or study designs that the articles used with regards to BAP. Nearly a fifth (19%) of the articles were traditional parallel group randomized controlled trials or protocols for such trials, with an additional 6% being quasi-experimental (pre-test/post-test designs), 3% cluster randomized controlled trials, and 1% having an unspecified clinical trial design. Observational study designs were the 2nd most well-represented group, including 4%

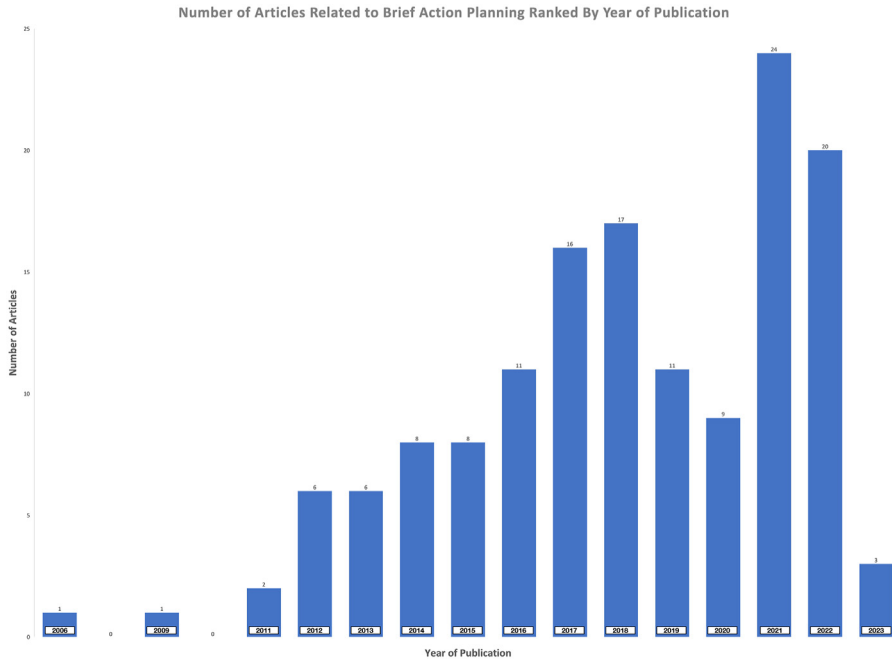


Fig. 2. Distribution of articles related to BAP by year of publication.

prospective cohorts, 6% retrospective cohorts, and 2% cross-sectional descriptive designs. Literature reviews were the 3rd most common type of article: 6% traditional literature reviews, 2% systematic reviews, and 2% scoping reviews. Different types of preliminary or early studies have also been conducted, including pilot studies (5%), and feasibility studies (3%). A large diversity of additional types of evidence sources were also used but in smaller proportions, as illustrated in [Fig. 5](#). A table detailing the characteristics of all included studies and a list of citations for these studies are provided in [Appendix 4](#).

Review Findings

The review findings center around 4 aspects of BAP: the context of the application of BAP, the conceptual grounding of BAP, the discipline or profession applying BAP, and the fidelity of BAP. As demonstrated in [Fig. 6](#), covering 77% of all articles, BAP has been applied primarily in health care contexts, which is where the clinical (ie, acute or chronic disease) care of patients takes place. General health contexts represent 13% of articles. These include public health and community health contexts. Educational settings constitute the remainder of settings, with medical education being the most identifiable subtype of education in this group.

As shown in [Fig. 7](#), only 44% of articles specified the conceptual or theoretic framework that grounded their application of BAP. Of those, MI was by far the most well represented, at 63% of articles reporting a theoretic framework. Some articles reported BAP as its own theoretic framework, while others reported multiple theories (8% each). These theories included: action planning (5%), self-management support (5%), peer support (3%), shared decision-making (3%), brief counseling (1.5%), theory of planned behavior (1.5%), and the transtheoretical model (1.5%).

Proportion of Articles Related to BAP by Country/Region of Application

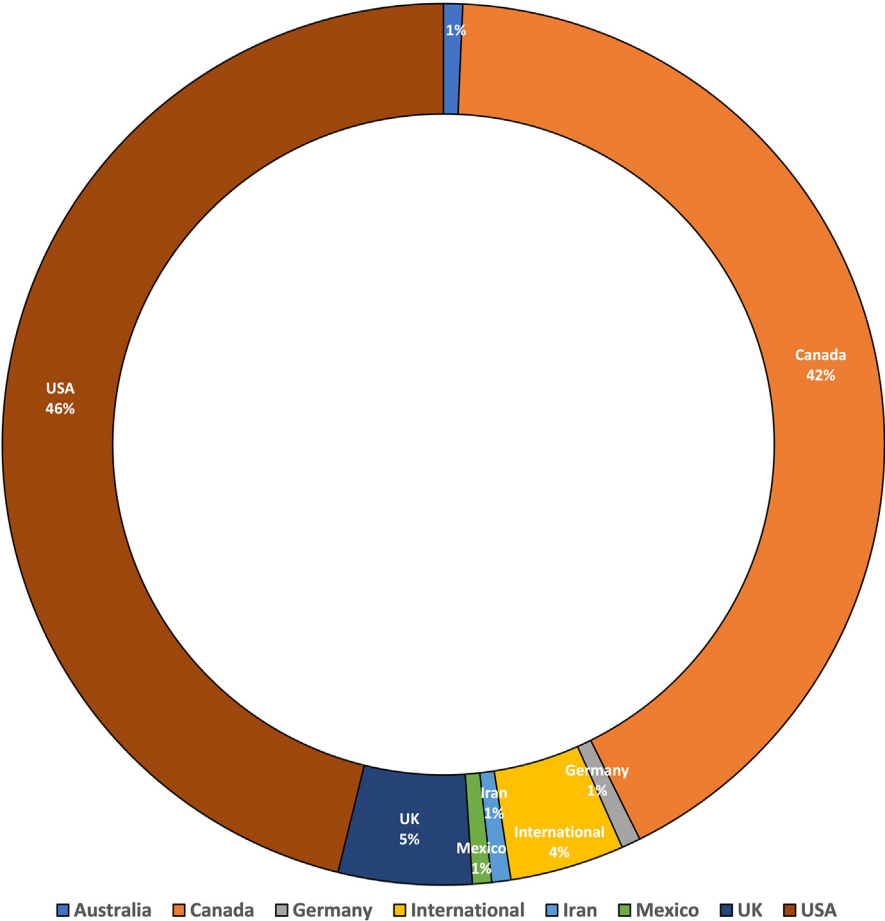


Fig. 3. Country or region of application of BAP.

Context/Site of BAP Application

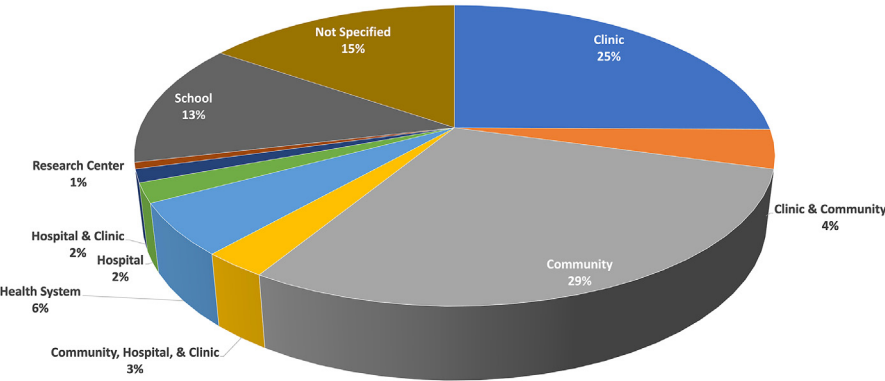
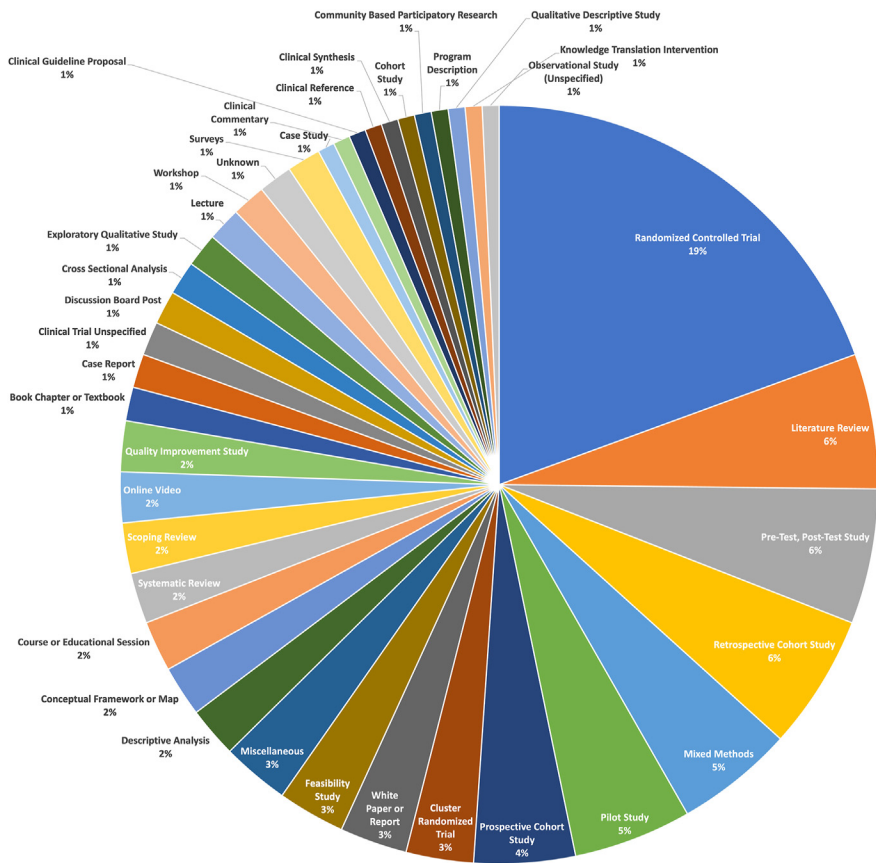


Fig. 4. Sites/settings where participants in BAP were located.



Types of Evidence Source/Study Design of BAP Application

Fig. 5. Types of evidence sources/study designs.

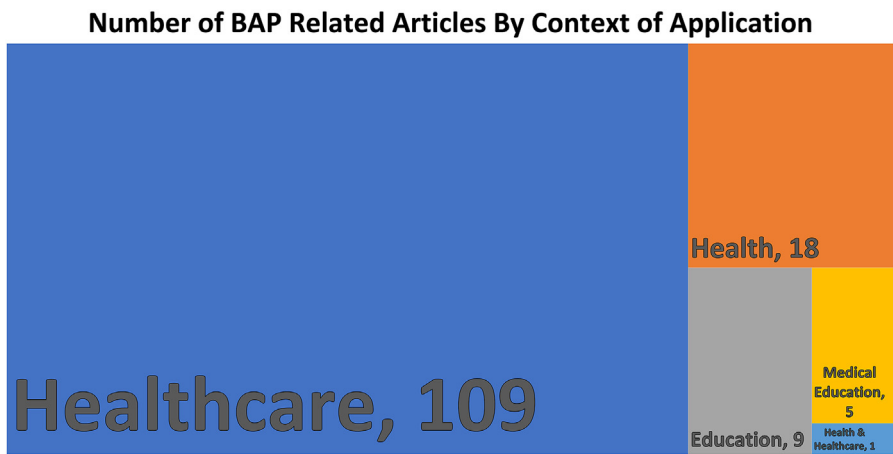


Fig. 6. Distribution of contexts of application of BAP.

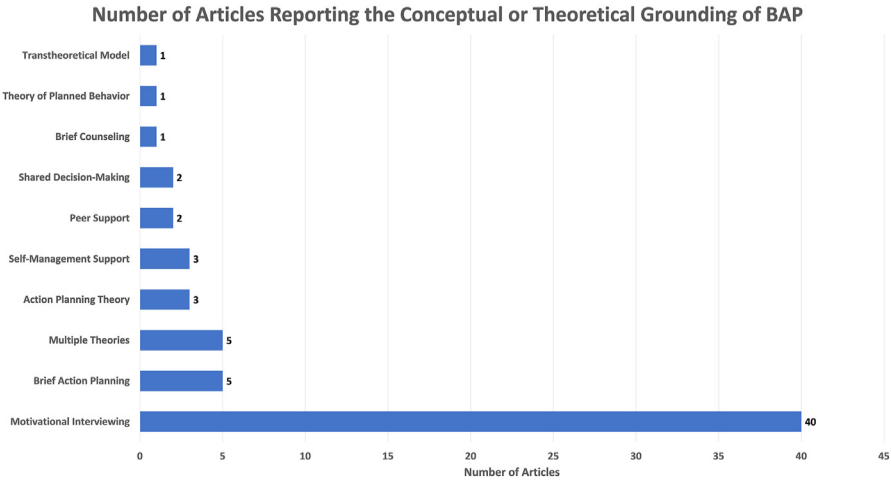


Fig. 7. Conceptual grounding of BAP.

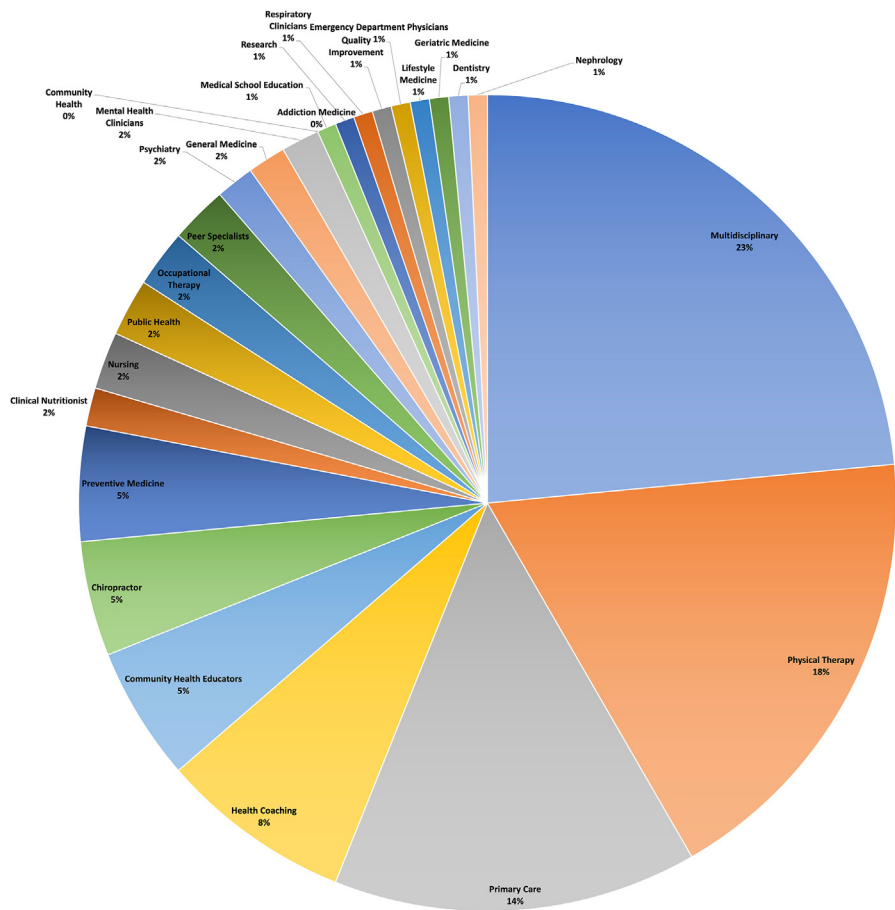
The disciplines or professions that have applied BAP have also been diverse. While multiple disciplines collaborating represented the largest group of studies (23%), physical therapy is the most well represented profession to date in the literature, followed by primary care (14%), though the specific primary care professions could not be disaggregated. Other well represented professions include health coaching (8%), preventive medicine (5%), community health education (5%), and chiropractic (5%). Other professions are also represented, but at smaller proportions (1%–2%), as shown in Fig. 8.

At least one aspect of fidelity of BAP was mentioned in up to 52% of articles, and only 2 of the 5 identified domains of fidelity were captured on average in each of these articles. Of the articles that did measure some aspect of fidelity, the following are the proportions represented: 62% for BAP design, 55% for BAP training, 36% for BAP delivery, 41% for BAP receipt, and 4% for miscellaneous aspects of fidelity.

DISCUSSION

This scoping review provides a map of the literature on when, where, how, and why BAP has been applied to date. One critical finding is that while BAP has been presented using a variety of types of study designs or scholarly evaluations, a large proportion of these have been high-level evidence for effectiveness, including both experimental and observational research. As recommended in guidelines for scoping reviews, this scoping review did not assess the methodological quality of the included studies,²² as this was not relevant to the objectives of this scoping review or most scoping reviews. This suggests that the literature may now be ripe for the conduct of a systematic review of this body of evidence on the application of BAP.

Of note, a limitation is that this scoping review did not pursue non-academic and non-organizational sources of evidence (eg, evidence from non-profit groups such as the Center for Collaboration, Motivation and Innovation, blog posts not affiliated with a known organization that works in this field such as the Motivational Interviewing Network of Trainers, and so forth). This may be an area to explore in future research studies to map the literature more comprehensively on the application of BAP. However, the choice to exclude these evidence sources is a delimitation of this review,



Discipline or Profession of BAP Application

Fig. 8. Disciplines or professions that have used BAP as recorded in the literature.

based on the pre-specified aim to map the terminological presence of BAP in scholarly works that are validated, replicable, and useable in pedagogic or clinical practice contexts. In addition, while the review aimed to identify the professions and disciplines that have utilized BAP to date, it became apparent that it would have been beneficial to extract data on the clinical topics where BAP has been used. Unfortunately, this would have been a substantial deviation from protocol which we concluded was not warranted. Anecdotally, we can report that certain clinical topics seemed well represented, such as spinal cord injury, physical activity, and chronic pain management.

As with most new concepts, tools, or approaches, it appears that BAP is following a steady trend of uptake over time, with few articles addressing BAP during the first decade after its creation (2002–2012), and most articles addressing BAP appearing during the second decade (2012–2022). There does appear to be a dip in BAP’s up-take in the literature during the years 2019 and 2020. This could be explained either because of the COVID-19 pandemic, or as a limitation of this review’s inability to locate the full-text file of about 10% of articles originally identified as citations from the literature databases. Although the number of articles discussing the application of BAP is

low to date for the year 2023, this is namely due to the timing of this review. In fact, even without needing to conduct an updated search, we are aware of several articles on BAP that have been published in the interim⁶ or that are being developed contemporaneously.¹⁶ Thus, we anticipate that the growth of BAP's application in the literature will continue.

That the bulk of articles are from North America is unsurprising, as most of the leading scholars on BAP, including the senior author of this paper, originate from and are currently based in this region. It may be initially surprising that BAP has been applied largely in the community (as compared to clinics or hospitals) and mostly in the context of health care, since generally health care is thought of as taking place within the walls of clinics and hospitals. However, given that BAP was developed to facilitate the self-management support component of the chronic care model for health care transformation, this trend in the literature confirms that BAP is being applied largely in the originally intended place (ie, the community), the intended context (ie, health care), which also aligns with the intended purpose of BAP (ie, an approach to facilitate chronic care via self-management support). That the dominant theoretic frameworks undergirding BAP in the literature is MI, self-management or peer support theory, and various iterations of action planning is further confirmation of the appropriate application of BAP globally.

The relatively unclear or under-reporting of the fidelity of BAP in the literature is a major finding of this scoping review. This finding held true regardless of the domain of fidelity that was examined. This suggests the need for greater dissemination and uptake of formal training methods and programs for students and professionals intending to use BAP in clinical practice or for systems-based change. We suggest this is an area ripe for future research and program evaluation. The authors are aware that some of this work is happening. However, given the rapid uptake of BAP, it may be worthwhile to accelerate specific attention to the measurement and enhancement of fidelity, in order to provide greater guidance on how to ensure that BAP is being taught and applied rigorously and reliably. Given that the fidelity of an intervention often determines its effectiveness in practice, there is an additional strong imperative to accelerate methods to ensure the fidelity of BAP education and application, so that optimal health outcomes can be achieved for the patients and populations for whom BAP is being implemented.

SUMMARY

This scoping review concludes that BAP is being widely disseminated and used with regards to its intended contexts, settings, and theoretic frameworks including in clinical, public health and community practice settings. However, because the fidelity of its application remains unclear or underreported, a high priority for future research should be the exploration of these under-evaluated aspects of BAP. The authors also suggest that greater practical guidance and formal assessment may be necessary for educators, clinicians, and researchers, to support optimal application of BAP in clinical practice or for systems-based change.

CLINICS CARE POINTS

- There is a broad base of evidence currently available about brief action planning (BAP), a pragmatic and motivational interviewing-consistent tool.
- BAP is an approach to health promotion and disease prevention that supports patient self-management, facilitates health behavior change, and enhances health coaching.

- BAP has been applied primarily in North America, within community settings, and evaluated using relatively high-level research designs.
- BAP has mostly been used for health care, and is mostly grounded within the framework of motivational interviewing, as originally intended.
- Although BAP has been applied broadly in health care, the fidelity of BAP remains unclear or underreported, regardless of which fidelity domain is examined.

FUNDING

This project is supported in part by the Health Resources & Services Administration (HRSA) of the US Department of Health & Human Services (HHS) under grant number 1D33HP316710100, Preventive Medicine Residency Training grant, \$2000000, 67% financed with nongovernmental sources. This information or content and conclusions are those of the authors and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the US Government. The funder had no role in the conceptualization, design, results, interpretations, or conclusions of the scoping review project described within this article.

DECLARATIONS

None.

CONFLICTS OF INTEREST

There is no conflict of interest in this project.

DISCLOSURE

The authors have no conflicts of interest to disclose.

ACKNOWLEDGMENTS

The authors thank Ms. Wendy Isser, M.L.S., a medical librarian from the Northport VA Medical Center, Northport NY, for her assistance in retrieving the full text of some of the articles identified in this review.

REFERENCES

1. Mathers CD, Boerma T, Ma Fat D. Global and regional causes of death. *Br Med Bull* 2009;92(1):7–32.
2. Mokdad AH, Marks JS, Stroup DF, et al. Actual causes of death in the United States, 2000. *JAMA* 2004;291(10):1238–45.
3. Johnson NB, Hayes LD, Brown K, et al. CDC National Health Report: leading causes of morbidity and mortality and associated behavioral risk and protective factors—United States, 2005–2013. 2014.
4. Gutnick D, Reims K, Davis C, et al. Brief Action Planning to Facilitate Behavior Change and Support Patient Self-Management. *J Clin Outcome Manag* 2014; 21(1):17–29.
5. Cole S, Reims K, Kershner L, et al. Improving care for depression: performance measures, outcomes and insights from the Health Disparities Collaboratives. *J Health Care Poor Underserved* 2012;23(3):154–73.

6. Cole S, Sannidhi D, Jadotte Y, et al. Using motivational interviewing and brief action planning for adopting and maintaining positive health behaviors. *Prog Cardiovasc Dis* 2023.
7. Jadotte YT, Lane DS. Population Health Rounds: A Novel Vehicle for Training in Population Medicine and Clinical Preventive Medicine. *J Publ Health Manag Pract* 2021;27:S139–45.
8. Jadotte YT, Lane DS. Core functions, knowledge bases and essential services: A proposed prescription for the evolution of the preventive medicine specialty. *Prev Med* 2021;143:106286.
9. Lundahl B, Moleni T, Burke BL, et al. Motivational interviewing in medical care settings: a systematic review and meta-analysis of randomized controlled trials. *Patient Educ Counsel* 2013;93(2):157–68.
10. Rubak S, Sandbæk A, Lauritzen T, et al. Motivational interviewing: a systematic review and meta-analysis. *Br J Gen Pract* 2005;55(513):305–12.
11. BAP Professional Network. What is BAP?. Available at: <https://baprofessionalnetwork.org/bap/>. Accessed April 21, 2023.
12. Centre for Collaboration Motivation and Innovation. Brief Action Planning. Available at: <https://centrecmi.ca/brief-action-planning/>. Accessed April 21, 2023.
13. Miller WR, Rollnick S. The effectiveness and ineffectiveness of complex behavioral interventions: impact of treatment fidelity. *Contemp Clin Trials* 2014;37(2):234–41.
14. Oxford English Dictionary. Fidelity, n. Oxford University Press; 2023.
15. Gearing RE, El-Bassel N, Ghesquiere A, et al. Major ingredients of fidelity: A review and scientific guide to improving quality of intervention research implementation. *Clin Psychol Rev* 2011;31(1):79–88.
16. Jadotte Y, Cole S. Brief action planning in health and healthcare: a quantitative systematic review protocol. PROSPERO International prospective register of systematic reviews 2023. Available at: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42023397512.
17. Cole S, Bogenschutz M, Hungerford D. Motivational interviewing and psychiatry: Use in addiction treatment, risky drinking and routine practice. *Focus* 2011;9(1):42–54.
18. Connell G, Verville L, Cancelliere C, et al. Brief action planning targeting prognostic factors for an adult with persistent low back pain without radiculopathy: A case report. *Clinical case reports* 2020;8(12):2776–80.
19. Farmer AJ, Oke J, Hardeman W, et al. The effect of a brief action planning intervention on adherence to double-blind study medication, compared to a standard trial protocol, in the Atorvastatin in Factorial with Omega EE90 Risk Reduction in Diabetes (AFORRD) clinical trial: A cluster randomised sub-study. *Diabetes Res Clin Pract* 2016;120:56–64.
20. Worley P. Open thinking, closed questioning: Two kinds of open and closed question. *Journal of Philosophy in Schools* 2015;2(2):17–29.
21. Peters MD, Godfrey CM, Khalil H, et al. Guidance for conducting systematic scoping reviews. *Int J Evid Base Healthc* 2015. <https://doi.org/10.1097/xeb.000000000000050>.
22. Peters MD, Marnie C, Tricco AC, et al. Updated methodological guidance for the conduct of scoping reviews. *JBIM evidence synthesis* 2020;18(10):2119–26.
23. Jadotte YT. Brief Action Planning in Health and Healthcare: A Scoping Review Protocol. 2023. <https://doi.org/10.17605/OSF.IO/AT4VE>
24. McGowan J, Straus S, Moher D, et al. Reporting scoping reviews—PRISMA ScR extension. *Journal of clinical epidemiology* 2020;123:177–9.

25. Tricco AC, Lillie E, Zarin W, et al. PRISMA extension for scoping reviews (PRISMA-ScR): checklist and explanation. *Annals of internal medicine* 2018; 169(7):467–73.
26. Snilstveit B, Vojtkova M, Bhavsar A, et al. Evidence & Gap Maps: A tool for promoting evidence informed policy and strategic research agendas. *Journal of clinical epidemiology* 2016;79:120–9.

APPENDIX 1: SEARCH STRATEGY

Databases (Platform) or Registers	Search Date	Search Terms	Number of Articles
Medline (Ovid)	March 1, 2023	("brief action planning" OR "brief action plan").mp. [mp = title, book title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]	13
CINAHL Plus (EBSCOhost)	March 1, 2023	"brief action planning" OR "brief action plan"	15
ScienceDirect	March 1, 2023	"brief action planning" OR "brief action plan"	42
PsycInfo (EBSCOhost)	March 1, 2023	"brief action planning" OR "brief action plan"	2
Google Scholar	March 1, 2023	"brief action planning"	280
Web of Science	March 1, 2023	(ALL=("brief action planning")) OR ALL=("brief action plan")	17
Academic Search Complete (EBSCOhost)	March 1, 2023	"brief action planning" OR "brief action plan"	7
Clinicaltrials.gov	March 1, 2023	"brief action planning" OR "brief action plan"	1
Cochrane Library	March 1, 2023	"brief action planning" OR "brief action plan"	20

(continued on next page)

<i>(continued)</i>			
Databases (Platform) or Registers	Search Date	Search Terms	Number of Articles
ProQuest	March 1, 2023	"brief action planning" OR "brief action plan"	96
PubMed	March 1, 2023	"brief action planning" OR "brief action plan"	13
WHO ICTRP	March 1, 2023	"brief action planning" OR "brief action plan"	2
TOTAL CITATIONS FROM DATABASES AND REGISTERS			508
Organization Websites	Search Date	Search Terms	Number of articles
American Psychological Association	March 15, 2023	"brief action planning"	0
American Psychiatric Association (APA)	March 15, 2023	"brief action planning"	0
Association of Consultation Liaison Psychiatrists (ACLP)	March 15, 2023	"brief action planning"	0
American College of Physicians (ACP)	March 15, 2023	"brief action planning"	0
New York Chapter of the American College of Physicians (NY ACP)	March 15, 2023	"brief action planning"	2
Motivational Interviewing Network of Trainers (MINT)	March 15, 2023	"brief action planning"	30
Institute for Healthcare Improvement (IHI)	March 15, 2023	"brief action planning"	4
Substance Abuse and Mental Health Services Administration (SAMHSA)	March 15, 2023	"brief action planning"	0
Health Resources and Services Administration (HRSA)	March 15, 2023	"brief action planning"	0
Centers for Disease Control and Prevention (CDC)	March 15, 2023	"brief action planning"	0
Indian Health Service (HIS)	March 15, 2023	"brief action planning"	1
Citation Chasing and Hand Searching	March 15, 2023	N/A	5
TOTAL CITATIONS FROM OTHER SOURCES			42

APPENDIX 2: DATA EXTRACTION INSTRUMENT

Evidence Source Details and Characteristics	
Citation details (eg, author/s, date, title, journal, volume, issue, pages)	
Country/Region	
Context (eg, community, hospital, clinic, school)	
Types of evidence source (eg, study design)	
Participants (details eg, age/sex and number)	
Details/Results Extracted from Source of Evidence (in Relation to the Concept of the ScR)	
Context of BAP application (eg, health, healthcare, education, business)	
Assessment of BAP fidelity in clinical care delivery or systems implementation: design, training, monitoring intervention delivery, and monitoring intervention receipt (eg, whether all 8 competencies were taught, whether any elements of the BAP algorithm were modified, or whether MI was integrated into BAP or vice versa and how this was accomplished)	Design Training Monitoring intervention delivery Monitoring intervention receipt Other aspect of fidelity
Discipline or profession where BAP was used (eg, mental health, psychiatry, community health, nursing)	
Conceptual or theoretic grounding of BAP	

APPENDIX 3: LIST OF STUDIES EXCLUDED VIA FULL-TEXT REVIEW WITH REASONS FOR EXCLUSION

Databases and Registers.

(2011). "Motivate change: Use a few key questions." *Patient Education Management* 18(4): 41 to 43.

- Not available.

(2013). Active Lives: Transforming Ourselves and Our Patients, Part 3. *Academic Video Online*, Healthy Learning.

- Not available.

(2017). "Brief Action Planning (BAP): A Self-Management Support Technique for Promoting Collaborative Goal Setting for Patients on Home Dialysis." *AMERICAN JOURNAL OF KIDNEY DISEASES* 69(4): A64.

- Not available.

(2017). "Dialysis Prescription, Sun Exposure and Vitamin D Levels in Hispanic Patients on Hemodialysis." *AMERICAN JOURNAL OF KIDNEY DISEASES* 69(4): A64.

- Not available.

Adamo, K., et al. "Desi-GDM Trial Protocol Version 6.0 A culturally-tailored personalized nutrition intervention in South Asian women at risk of Gestational Diabetes Mellitus (DESI-GDM)—a randomized trial Principal Investigator: Russell de Souza, ScD, RD."

- Not available.

Ahuja, T. K., et al. (2022). "Teaching Second-Year Medical Students How to Counsel Pediatric Patients with Unhealthy Body Mass Index." *Childhood Obesity*.

- Not available.

Akhter, K., et al. (2022). "A Systematic Review and Meta-analysis of Face-to-face Medication Adherence Interventions for Patients with Long Term Health Conditions." *ANNALS OF BEHAVIORAL MEDICINE* 56(12): 1218 to 1230.

- Wrong concept (not BAP or its application).

Albelbisi, Z. (2021). The Effectiveness of Information-Motivation-Behavioural Skills Model-Based Diabetes Self-Management Education Among Patients with Type 2 Diabetes (Imbdsme): Randomized Clinical Trial. England, The University of Nottingham (United Kingdom).

- Not available.

Bickley, L. and P. G. Szilagyi (2012). *Bates' guide to physical examination and history-taking*, Lippincott Williams & Wilkins.

- Wrong concept (not BAP or its application).

Bigand, T. L. (2019). "1E. 3. Risk for Overeating to Cope with Pain among Obese Adults with Chronic Pain." *PAIN MANAGEMENT NURSING* 20(2): 95.

- Wrong concept (not BAP or its application).

Brady, T. J. (2016). "Enhancing Clinical Practice with Community-Based Self-Management Support Programs." *Psychosocial Factors in Arthritis: Perspectives on Adjustment and Management*: 255 to 272.

- Wrong concept (not BAP or its application).

Brooks, A. J., et al. (2020). "Introducing integrative primary health care to an inter-professional audience: Feasibility and impact of an asynchronous online course." *EXPLORE* 16(6): 392 to 400.

- Wrong concept (not BAP or its application).

Brooks, A. J., et al. (2021). "Professional development in integrative health through an interprofessional online course in clinical settings." *EXPLORE* 17(6): 505 to 512.

- Wrong concept (not BAP or its application).

Bussi res, A. (2017). "Canadian Chiropractic Guideline Initiative (CCGI) progress and future directions: December 2017." *The Journal of the Canadian Chiropractic Association* 61(3): 186.

- Wrong concept (not BAP or its application).

Bussi res, A. E., et al. (2015). "Fast tracking the design of theory-based KT interventions through a consensus process." *IMPLEMENTATION SCIENCE* 10(1): 1 to 14.

- Wrong concept (not BAP or its application).

Bussi res, A. E., et al. (2016). "The Treatment of Neck Pain–Associated Disorders and Whiplash–Associated Disorders: A Clinical Practice Guideline." *Journal of Manipulative and Physiologic Therapeutics* 39(8): 523 to 564.e527.

- Wrong concept (not BAP or its application).

Cadel, L., et al. (2020). "Exploring the perspectives on medication self-management among persons with spinal cord injury/dysfunction and providers." *Research in Social and Administrative Pharmacy* 16(12): 1775 to 1784.

- Wrong concept (not BAP or its application).

CARVLIN, A. and M. ELSNER "Piloting a Coordinated System of Care for Childhood Obesity." *IllinoisPediatrician*: 6.

- Wrong concept (not BAP or its application).

Chemtob, K., et al. (2018). "Exploring the peer mentorship experiences of adults with spinal cord injury." *Rehabilitation psychology* 63(4): 542.

- Wrong concept (not BAP or its application).

Christison, A. L. (2015). *Pediatric Obesity Prevention in Primary Care: Employing Brief Action Planning with Obesigenic Behavior Screening*. 2015 AAP National Conference and Exhibition, American Academy of Pediatrics.

- Wrong concept (not BAP or its application).

Chung, H., et al. (2019). "Evaluation of a Continuum-Based Behavioral Health Integration Framework Among Small Primary Care Practices in New York State: Practice and Policy Findings and Recommendations." *United Hospital Fund and New York State Health Foundation*.

- Wrong concept (not BAP or its application).

Clark, W. (2013). "Risky Drinking and Interviewing About Alcohol Use." *The Medical Interview E-Book: The Three Function Approach*: 243.

- Wrong concept (not BAP or its application).

Clayton, C. (2016). A pilot randomized trial of a novel intervention to promote physical activity in people with knee osteoarthritis: protocol and baseline analysis from the TRACK-OA study, University of British Columbia.

- Wrong concept (not BAP or its application).

Cole, S., et al. (2013). "Function three: collaborate for management." *The Medical Interview E-Book: The Three Function Approach*: 34.

- Duplicate report.

Cole, S., et al. (2014). "Brief action planning: a self-management support and motivational interviewing technique for the routine practice of medicine, psychiatry, and disease management." *Psychosomatic Medicine* 76(3): A46-A47.

- Not available.

Cole, S., et al. (2013). "Stepped-care advanced skills for action planning." *The Medical Interview E-Book: The Three Function Approach*: 125.

- Duplicate report.

Cole, S. A. and J. Bird (2013). *The medical interview e-book: The three function approach*, Elsevier Health Sciences.

- Duplicate report.

Cradock, K. A., et al. (2022). "Design of a Planner-Based Intervention to Facilitate Diet Behavior Change in Type 2 Diabetes." *Sensors* 22(7): 2795.

- Wrong concept (not BAP or its application).

Cranston, K. (2019). Sustainability of motivational interviewing skills in new Small Steps for Big Changes coaches, University of British Columbia.

- Wrong concept (not BAP or its application).

Davis, A. (2017). Camp-Based Intervention for Overweight Children with Developmental Disabilities. United States-California, Loma Linda University: 81.

- Wrong concept (not BAP or its application).

Davis, C. (2014). "The Brief Action Planning Guide-A Self-Management Support Tool for Chronic Conditions, Health and Wellness."

- Not available.

Davis, C. and S. Cole (2013). "Communicating with Patients with Chronic Illness." *The Medical Interview E-Book: The Three Function Approach*: 145.

- Wrong concept (not BAP or its application).

DeShaw, K. J. (2019). Methods and Evaluation of a Health Coach Training Practicum Experience for Healthy Lifestyle Behavior Change. United States-Iowa, Iowa State University: 172.

- Wrong concept (not BAP or its application).

Dhopte, P. (2016). Chiropractors Can Do: Testing the Feasibility of Intervening to Optimize Chiropractic Care for Adults with Neck Pain Disorders: A Pilot Cluster Randomized Controlled Trial. Canada-Quebec, CA, McGill University (Canada): 117.

- Duplicate report.

Dhopte, P., et al. (2016). "Testing the feasibility of a knowledge translation intervention designed to improve chiropractic care for adults with neck pain disorders: study protocol for a pilot cluster-randomized controlled trial." *Pilot Feasibility Stud* 2: 33.

- Duplicate report.

Domke, A. (2022). Insights into the Mechanisms of Action Planning Interventions in the Context of Fruit and Vegetable Consumption.

- Wrong concept (not BAP or its application).

Domke, A., et al. (2021). "Immediate effects of a very brief planning intervention on fruit and vegetable consumption: a randomized controlled trial." *Applied Psychology: Health and Well-Being* 13(2): 377 to 393.

- Wrong concept (not BAP or its application).

Domke, A., et al. (2022). "Plan pursuit in the context of daily fruit and vegetable consumption: The importance of cue detection and the execution of the planned behavior for overall behavior change." *British Journal of Health Psychology* 27(3): 1172 to 1187.

- Wrong concept (not BAP or its application).

Dorstyn, D., et al. (2019). "Can targeted job-information for adults with spinal cord dysfunction be effectively delivered online? A pilot study." *The journal of spinal cord medicine* 42(1): 94 to 101.

- Wrong concept (not BAP or its application).

Duncan-Carnesciali, J. (2016). An evaluation of the innovation of e-health featuring a diabetes self-management program delivered using avatar-based technology: Findings with certified diabetes educators and adults living with type 2 diabetes mellitus. United States—New York, Teachers College, Columbia University: 250.

- Wrong concept (not BAP or its application).

Duong, M. T., et al. (2016). "Twelve-Month Outcomes of a Randomized Trial of the Positive Thoughts and Action Program for Depression Among Early Adolescents." *Prevention Science* 17(3): 295 to 305.

- Not available.

Eilayyan, O., et al. (2022). "Promoting the use of a self-management strategy among novice chiropractors treating individuals with spine pain: A mixed methods pilot clustered-clinical trial." *PLoS One* 17(1).

- Wrong concept (not BAP or its application).

Elmaci, O. (2014). "A model proposal concerning balance scorecard (bsc) application integrated with resource consumption accounting (rca) in enterprise performance management." *International Journal of Organizational Leadership* 3(1): 1 to 9.

- Not available.

Erder, M. and P. Pureur (2016). Chapter 6-Validating the Architecture. Continuous Architecture. M. Erder and P. Pureur. Boston, Morgan Kaufmann: 131 to 159.

- Not available.

ES, B. "Bates. Guia de exploracion fisica 12^a edicion."

- Not available.

Falck, R. S., et al. (2020). "Effect of a multimodal lifestyle intervention on sleep and cognitive function in older adults with probable mild cognitive impairment and poor sleep: a randomized clinical trial." *Journal of Alzheimer's Disease* 76(1): 179 to 193.

- Wrong concept (not BAP or its application).

Farnier, M., et al. (2017). "Long-term treatment adherence to the proprotein convertase subtilisin/kexin type 9 inhibitor alirocumab in 6 ODYSSEY Phase III clinical studies with treatment duration of 1 to 2 years." *Journal of clinical lipidology* 11(4): 986 to 997.

- Wrong concept (not BAP or its application).

Flood, S. M. (2018). Determining the Impact of an Educational Intervention on Family Medicine Residents' Social Cognitions and Behavior for Discussing Physical Activity. Canada—Ontario, CA, Queen's University (Canada): 198.

- Wrong concept (not BAP or its application).

Flood, S. M., et al. (2019). "Prescription exercise at Queen's: A prospective program evaluation of physical activity effects among university students with depression and anxiety." *Journal of Exercise, Movement, and Sport (SCAPPS refereed abstracts repository)* 51(1): 199 to 199.

- Not available.

Fukumori, R. H. (2016). The Motley Tower: Master Plans, Urban Crises, and Multi-racial Higher Education in Postwar Los Angeles. United States—California, University of Southern California: 438.

- Not available.

Gainforth, H. L., et al. (2014). *Testing the feasibility of training peers with spinal cord injury (SCI) to learn and implement brief action planning to promote physical activity to people with SCI*. ANNALS OF BEHAVIORAL MEDICINE, SPRINGER 233 SPRING ST, NEW YORK, NY 10013 USA.

- Duplicate report.

Gainforth, H. L., et al. (2019). "Investigating characteristics of quality peer mentors with spinal cord injury." *ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION* 100(10): 1916 to 1923.

- Wrong concept (not BAP or its application).

Gainforth, H. L., et al. (2015). "Testing the feasibility of training peers with a spinal cord injury to learn and implement brief action planning to promote physical activity to people with spinal cord injury." *JOURNAL OF SPINAL CORD MEDICINE* 38(4): 515 to 525.

- Duplicate report.

Gainforth, H. L., et al. (2015). "Using network analysis to understand knowledge mobilization in a community-based organization." *International Journal of Behavioral Medicine* 22: 292 to 300.

- Wrong concept (not BAP or its application).

Gassaway, J., et al. (2017). "Effects of peer mentoring on self-efficacy and hospital readmission after inpatient rehabilitation of individuals with spinal cord injury: a randomized controlled trial." *ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION* 98(8): 1526 to 1534. e1522.

- Wrong concept (not BAP or its application).

Gierc, M. S. H. (2021). Development and Initial Testing of a Brief Mindfulness Meditation Training Intervention for Preoperative Patients: An Application of the Orbit Model. Canada—Ontario, CA, Queen's University (Canada): 459.

- Wrong concept (not BAP or its application).

Huang, Y. (2020). Internet of Things enabled sedentary behavior change in office workers: development and feasibility of a novel intervention (WorkMyWay), University of Nottingham.

- Duplicate report.

Isrctn (2021). "Promoting the use of a self-management intervention among chiropractic students treating individuals with back pain." <https://trialsearch.who.int/Trial12.aspx?TrialID=ISRCTN17077842>.

- Wrong concept (not BAP or its application).

Johnson, A. M. (2021). A Descriptive Study Exploring the Components of Academic Coaching Programs in Nursing Education Across the Midwest. United States—Nebraska, Bryan College of Health Sciences: 91.

- Wrong context (not health or healthcare).

Kasidi, J. (2022). "Quality Improvement Project Utilizing a Comprehensive Toolkit with Individualized Food Label Education and Brief Action Planning for Healthy Food Choices to Reduce the Burden of Chronic Disease Among Black People in the United States." *NURSING RESEARCH* 71(3): S104-S104.

- Wrong concept (not BAP or its application).

Larié, S. (2019). Provider Evaluation of a Lower Carbohydrate Nutrition Education Video for People with Type 1 and Type 2 Diabetes. United States–Arizona, The University of Arizona: 92.

- Wrong concept (not BAP or its application).

Leese, J., et al. (2021). "Experiences of wearable technology by persons with knee osteoarthritis participating in a physical activity counseling intervention study: a relational ethics lens." *Arthritis & rheumatology* 73(SUPPL 9): 2228 to 2229.

- Duplicate report.

Magasi, S. and C. Papadimitriou (2022). "Peer support interventions in physical medicine and rehabilitation: a framework to advance the field." *Archives Of Physical Medicine And Rehabilitation* 103(7): S222-S229.

- Wrong concept (not BAP or its application).

McIntosh, C. A. (2017). A mixed methods study of the motivational influences upon dietitian change of counseling practice, Nipissing University, Faculty of Education.

- Wrong concept (not BAP or its application).

McKay, R. C., et al. (2022). "Investigating the peer Mentor-Mentee relationship: characterizing peer mentorship conversations between people with spinal cord injury." *Disability and Rehabilitation*: 1 to 12.

- Wrong concept (not BAP or its application).

McNamara, M. and T. Bodenheimer (2019). "Training medical students in health coaching skills." *MedEdPublish* 8(106): 106.

- Wrong concept (not BAP or its application).

Med, T. B. (2014). "Ploughman and colleagues" *Implement Sci* 9: 30.

- Not available.

Mendoza, M. A. (2017). Teaching and motivating patients to achieve treatment goals. *Principles of Diabetes Mellitus: Third Edition*, Springer International Publishing: 823 to 842.

- Not available.

Miano, a. And e. Wegner "elise butkiewicz, antonia carbone, stuart green." *The Behavioral Health Specialist in Primary Care*: 73.

- Not available.

Mihalko, S. L., et al. (2023). Chapter 4-Core components of best evidence OA care: management planning, education, supporting self-management and behavior change. *Osteoarthritis Health Professional Training Manual*. D. J. Hunter and J. P. Eyles, Academic Press: 55 to 72.

- Not available.

Mikrut, C. L. (2022). Comparing the Effects of an Adjunct Brief Action Planning Intervention to Standard Treatment in a Heterogeneous Sample of Chronic Pain Patients. United States–Illinois, Illinois Institute of Technology: 103.

- Not available.

Milligan, J., et al. (2019). "Primary care perspective in managing sexual health for individuals with spinal cord injuries–Development of educational material for primary care providers." *The journal of spinal cord medicine* 42(S1): S242.

- Not available.

Mitchell, E. G., et al. (2020). *Characterizing Human vs. Automated Coaching: Preliminary Results*. Extended Abstracts of the 2020 CHI Conference on Human Factors in Computing Systems.

- Not available.

Moore, P. and F. Cole (2008). "The pain toolkit." *London, UK: NHS*.

- Wrong concept (not BAP or its application).

Munro, S., et al. (2020). "Decision-Making Needs, Challenges, and Opportunities Among Health Care Professionals Supporting Infant Feeding Choices: A Qualitative Investigation Involving Expert Interviews." *MEDICAL DECISION MAKING* 40(1): E16-E17.

- Wrong concept (not BAP or its application).

Muskin, P. R., et al. (2019). *Study Guide to Consultation-Liaison Psychiatry: A Companion to The American Psychiatric Association Publishing Textbook of Psychosomatic Medicine and Consultation-Liaison Psychiatry*, American Psychiatric Pub.

- Not available.

Nct (2014). "Reducing Distress And Improving Glycemic Control In Adults With Type 1 Diabetes." <https://clinicaltrials.gov/show/NCT02175732>.

- Wrong concept (not BAP or its application).

Nct (2022). "Improving Comprehensive Care of Cancer Patients." <https://clinicaltrials.gov/show/NCT05323409>.

- Wrong concept (not BAP or its application).

Nover, C. H. (2013). Effective primary care for individuals with serious mental illness: An intervention and systematic review. United States-Utah, The University of Utah: 112.

- Wrong concept (not BAP or its application).

O'Shaughnessy, D. F. and M. Tilki (2007). "Cultural competency in physiotherapy: a model for training." *Physiotherapy* 93(1): 69 to 77.

- Wrong concept (not BAP or its application).

Olivieri, C. "Short Term Intervention Using the Paleolithic Diet to Prevent Progression from Prediabetes to Type 2 Diabetes in Those with HgA1c 5.7% or Higher."

- Wrong concept (not BAP or its application).

Orbell, S. and L. Alison Phillips (2019). "Automatic processes and self-regulation of illness." *Health Psychology Review* 13(4): 378 to 405.

- Wrong concept (not BAP or its application).

Ovbiagbonhia, A. R. (2021). Learning to Innovate: How to Foster Innovation Competence in Students of Built Environment at Universities of Applied Sciences. Netherlands, Wageningen University and Research: 227.

- Wrong context (not health or healthcare).

Patel, M. L. (2018). Comparing Self-monitoring Strategies for Weight Loss: Does Developing Mastery Before Diet Tracking Enhance Engagement? United States-North Carolina, Duke University: 222.

- Wrong concept (not BAP or its application).

Pearlman, R. E. and C. Chou (2019). "Communication Skills Training to Enhance Patient Adherence." *Psychiatric Nonadherence: A Solutions-Based Approach*: 103 to 112.

- Not available.

Perrier, M.-J. and K. A. M. Ginis (2017). Communicating physical activity information to people with physical disabilities. *Persuasion and communication in sport, exercise, and physical activity*, Routledge: 233 to 249.

- Not available.

Pierce, J. D. (2015). Alliance-building strategies as a critical component of coaching: Effects of feedback and analysis on coach practice, teacher practice, and alliance. United States–Washington, University of Washington: 153.

- Wrong context (not health or healthcare).

Pomarensky, M., et al. (2022). "Management of Chronic Musculoskeletal Pain Through a Biopsychosocial Lens." *Journal of Athletic Training* 57(4): 312 to 318.

- Duplicate report.

Puatu, S. S. (2020). The Effects of Small Changes Approach in Combination with Motivational Interviewing on Behavioral Weight Loss Management among Overweight and Obese Adult Women. United States–California, Brandman University: 71.

- Wrong concept (not BAP or its application).

Pyle, S. "Updated: Motivational Interviewing: The One Tool Every Behavioral Health Provider Needs UPDATED: Motivational Interviewing: The One Tool Every Behavioral Health Provider Needs."

- Wrong concept (not BAP or its application).

Rai, R. K. (2004). Development and implementation of technology plans in Tennessee public school systems. United States–Tennessee, The University of Tennessee: 207.

- Wrong context (not health or healthcare).

Reyes Fernández, B. (2015). Social Support, Planning and Action Control in Self-Regulatory Health Behavior Processes.

- Wrong concept (not BAP or its application).

Reyes Fernández, B., et al. "A brief action planning intervention increases physical exercise among less active young adults." *Social Support, Planning and Action Control in Self-Regulatory Health Behavior Processes*: 97.

- Duplicate report.

Reyes, H. L. M., et al. (2022). "Web-Based Delivery of a Family-Based Dating Violence Prevention Program for Youth Who Have Been Exposed to Intimate Partner Violence: Protocol for an Acceptability and Feasibility Study." *JMIR Research Protocols* 11(8).

- Wrong concept (not BAP or its application).

Reyneke, R., et al. "The use of implementation theories, models, and frameworks in veterinary medicine—protocol for a scoping review."

- Wrong population (not adults or children).

Ryan, P., et al. (2020). "Self-management processes used by healthy middle-aged women to change behaviors." *Western Journal of Nursing Research* 42(5): 321 to 331.

- Wrong concept (not BAP or its application).

Schedule, D. "Advanced Motivational Interviewing."

- Wrong concept (not BAP or its application).

Schwartz, M. D., et al. (2014). "The use of panel management assistants to improve smoking cessation and hypertension management by VA primary care teams: a cluster randomized controlled trial." *Journal of general internal medicine* 29: S234-S235.

- Duplicate.

Shah, A., et al. (2015). "Protect your heart: a culture-specific multimedia cardiovascular health education program." *Journal of health communication* 20(4): 424 to 430.

- Wrong concept (not BAP or its application).

Shimazaki, T., et al. (2022). "The process of behavioral change in individuals who are uninterested in health: a qualitative study based on professional health knowledge." *Environmental Health and Preventive Medicine* 27: 32 to 32.

- Wrong concept (not BAP or its application).

Shleyaust, A. and N. L. CRAIG (2019). "Transgender Affirmative COgnitive-Behavioral Therapy." *Handbook of Evidence-Based Mental Health Practice with Sexual and Gender Minorities*: 74.

- Wrong concept (not BAP or its application).

Singh, H. (2020). Understanding the Complexity of Falls and Fall Prevention for Wheelchair Users with Spinal Cord Injury Across the Continuum of Care. Canada–Ontario, CA, University of Toronto (Canada): 172.

- Wrong concept (not BAP or its application).

Singh, H., et al. (2020). "Perspectives of wheelchair users with spinal cord injury on fall circumstances and fall prevention: A mixed methods approach using photovoice." *PLoS One* 15(8).

- Wrong concept (not BAP or its application).

Singh, H., et al. (2020). "Factors that influence the risk of falling after spinal cord injury: a qualitative photo-elicitation study with individuals that use a wheelchair as their primary means of mobility." *BMJ Open* 10(2).

- Wrong concept (not BAP or its application).

Smith, P., et al. (2018). "Feasibility and acceptability of a cancer symptom awareness intervention for adults living in socioeconomically deprived communities." *BMC Public Health* 18.

- Wrong concept (not BAP or its application).

Sniehotta, F. F., et al. (2007). "Randomized controlled trial of a one-minute intervention changing oral self-care behavior." *Journal of Dental Research* 86(7): 641 to 645.

- Wrong concept (not BAP or its application).

Squires, A. (2014). "English ability and glycemic control in Latinos with diabetes." *J. Clin. Outcomes Manag* 21: 299 to 301.

Stern, M., et al. (2021). "A cluster-randomized control trial targeting parents of pediatric cancer survivors with obesity: Rationale and study protocol of Nourish-T+." *Contemporary Clinical Trials* 102: 106,296.

- Wrong concept (not BAP or its application).

Swanson, M. (2016). "Implementation of an SMART Goal Intervention for Diabetic Patients: A Practice Change in Primary Care."

- Wrong concept (not BAP or its application).

Sweet, S. N., et al. (2018). "Spinal cord injury peer mentorship: applying self-determination theory to explain quality of life and participation." *Archives Of Physical Medicine And Rehabilitation* 99(3): 468 to 476. e412.

- Wrong concept (not BAP or its application).

Tumpa, J., et al. (2020). "The development of electronic brief action planning (e-bap): a self-management support tool for health behavior change." *Medical Decision Making* 40(1): E216-E216.

- Duplicate report.

Unsworth, J., et al. (2016). "Improving performance amongst nursing students through the discovery of discrepancies during simulation." *Nurse Education in Practice* 16(1): 47 to 53.

- Wrong concept (not BAP or its application).

Vaughn, L. M., et al. (2019). "Developing and implementing a stress and coping intervention in partnership with Latino immigrant coresearchers." *Translational Issues in Psychological Science* 5(1): 62.

- Wrong concept (not BAP or its application).

Villegas Rodriguez, N. A. (2012). Developing and piloting an internet based STI and HIV prevention intervention among young Chilean women. United States–Florida, University of Miami: 371.

- Wrong concept (not BAP or its application).

Viner, J., et al. "An Exploration of "Forgiveness" in a Clinical Population of Emerging Adults David Daskovsky, PhD "Minding The Brain": A Developmental Neurobiological Model for Substance Abuse Treatment in Emerging Adults."

- Duplicate report.

Wolff, M. M. (2018). *Facilitating Lifestyle Behavior Change in the Primary Care Setting with a Staged Approach to Childhood Obesity Treatment*. United States-Iowa, Iowa State University: 171.

- Duplicate report.

Yan, J., et al. (2014). "The effect of a telephone follow-up intervention on illness perception and lifestyle after myocardial infarction in China: A randomized controlled trial." *International Journal of Nursing Studies* 51(6): 844 to 855.

- Wrong concept (not BAP or its application).

Yang, M. C., et al. (2022). "Preliminary investigation of the student-delivered Community Outreach teleheAlth program for Covid education and Health promotion (COACH)." *Family Practice*.

- Duplicate report.

Zhao, Z. and X. Wang (2019). "Application of Multidisciplinary Intervention Model in Nursing of Older patients with Diabetes."

- Wrong concept (not BAP or its application).

Other Sources.

Cole, S. (2011). *Seeking Research Collaborators to evaluate Online Learning Application of MI- "Brief Action Planning*. Retrieved March 15 from <https://motivationalinterviewing.org/forum/seeking-research-collaborators-evaluate-online-learning-application-mi-brief-action-planning>.

- Wrong concept (no application of BAP).

Cole, S. (2020). *Brief Action Planning and Current Status of MI-request update help*. Retrieved March 15 from <https://motivationalinterviewing.org/forum/brief-action-planning-and-current-status-mi-request-update-help>.

- Wrong concept (not BAP or its application).

Cole, S. (2020). *MI for Emerging Era of Telemedicine-request for references, slide sets, ideas*. Retrieved March 15 from <https://motivationalinterviewing.org/forum/mi-emerging-era-telemedicine-request-references-slide-sets-ideas>.

- Wrong concept (not BAP or its application).

Davis, C. (2017). *What Is Motivational Interviewing?* Institute for Healthcare Improvement. Retrieved March 15 from <https://www.ihl.org/education/IHIOpenSchool/resources/Pages/AudioandVideo/ConnieDavis-WhatIsMotivationalInterviewing.aspx>.

- Wrong concept (not BAP or its application).

Davis, C. (2017). *What Is "Ask, Tell, Ask"?* Institute for Healthcare Improvement. Retrieved March 15 from <https://www.ihl.org/education/IHIOpenSchool/resources/Pages/AudioandVideo/ConnieDavis-WhatIsAskTellAsk.aspx>.

- Wrong concept (not BAP or its application).

Davis, C. (2017). *What Is Teach-Back?* Institute for Healthcare Improvement. Retrieved March 15 from <https://www.ihl.org/education/IHIOpenSchool/resources/Pages/AudioandVideo/ConnieDavis-WhatIsTeachBack.aspx>.

- Wrong concept (not BAP or its application).

APPENDIX 4: CHARACTERISTICS OF INCLUDED STUDIES

Citation (Author-Title) Year	Country or Region	Context (ie, Site of Participants)	Types of Evidence Source (eg, Study Design)	Context of BAP Application	Discipline or Profession of BAP Use	Conceptual or Theoretic Grounding of BAP (Type)
Allin et al, 2019	Canada	Community	Mixed Methods	Healthcare	Peer Specialists	Motivational Interviewing
Allin et al, 2020	Canada	Community	Mixed Methods	Health	Health Coaching	Motivational Interviewing
American Psychiatric Association 2022	USA	N/A	Online Course or Workshop	Healthcare	Psychiatry	Motivational Interviewing
Applegate et al, 2021	USA	Clinic	Randomized Control Trial	Healthcare	Nursing; Health Coaching	Action Planning Theory
Ayyoub et al, 2017	UK	Community	Pre and post test	Health	Kinesiology; Community Health	Health Action Process Approach; Self-Efficacy Theory
Brathwaite et al, 2018	USA	Community	Pilot study	Healthcare	Nursing; Geriatric	Motivational Interviewing
Brody et al, 2015	USA	Community	Pilot study	Healthcare	Peer Specialists	Peer Health Coach Model; Transtheoretical Model; Social Cognitive Theory
Bruckenthal 2019	USA	School	Educational Session	Education	Nursing; Pain Medicine	Motivational Interviewing
Clayton et al, 2015	Canada	Community	Feasibility study	Healthcare	Physical Therapy	Motivational Interviewing
Cole 2012	International	School	Online video	Healthcare	Primary Care	Motivational Interviewing
(continued on next page)						

(continued)

Citation (Author-Title) Year	Country or Region	Context (ie, Site of Participants)	Types of Evidence Source (eg, Study Design)	Context of BAP Application	Discipline or Profession of BAP Use	Conceptual or Theoretic Grounding of BAP (Type)
Cole 2011	USA	N/A	Clinical synthesis	Education	Psychiatry	Motivational Interviewing
Cole et al, 2021	USA	School	Survey	Healthcare	Preventive Medicine; Psychiatry	Motivational Interviewing
Cole-Function Three 2013	USA	N/A	Book Chapter	Healthcare	Medical Education	Motivational Interviewing
Cole-Stepped Care 2013	USA	N/A	Textbook	Education	Medical Education	Motivational Interviewing
Connell et al, 2020	Canada	Community	Case Report	Healthcare	Chiropractor	Brief-Action Planning
Davis 2012	USA	N/A	Lecture	Healthcare		
Davis 2017	USA	School	Online Video	Healthcare	General Medicine	
Deegala & Champany, 2017	USA	School	Course	Healthcare	Dentistry	Motivational Interviewing
Dhopte et al, 2019	Canada	Clinic	Pilot Clustered Randomized Control Trial	Healthcare	Chiropractor	Motivational Interviewing
Duncan et al, 2018	USA	Community	Cross-section study with quantitative and qualitative paradigms	Healthcare	Nursing; Community Health Educator	
Eilayyan 2017	Canada	Clinic	Knowledge Translation Intervention	Healthcare	Primary Care; Nursing; Psychology; Physical Therapy	Brief-Action Planning

Eilayyan et al, 2018	Canada	School	Mixed methods design	Self- management support education	Chiropractor	Motivational Interviewing
Eilayyan et al, 2019	Canada	School	Prospective cohort study	Healthcare	Chiropractor	Motivational Interviewing
Falck et al, 2020	Canada	N/A	Systemic review of observation studies, randomized control trial	Healthcare	Physical Therapy	Motivational Interviewing
Falck-Buying-Time 2018	Canada	Community	Randomized control trial	Healthcare	Geriatric	
Falck-Can-We-Improve 2018	Canada	Community	Randomized control trial	Healthcare	Physical Therapy	Motivational Interviewing
Farmer et al, 2016	UK	Clinic, community	Two-arm adherence study within randomized control drug trial	Healthcare	Primary Care	
Gainforth, 2013	Canada	Clinic	Single group pre-post design	Health	Peer Specialists	Motivational Interviewing; Theory of Planned Behavior
Galaviz et al, 2018	USA	N/A	Systematic review	Healthcare	Lifestyle Medicine	
Gallegos-Carrillo et al, 2016	Mexico	Clinic	Cluster randomized trial	Healthcare	Primary Care	
Gaughan & 2017	USA	Community	Community intervention- design not specified	Health	Community Health Educators	
Gaughan & Brinckman, 2018	USA	Community	Prospective cohort study	Education	Community Health Educators	Motivational Interviewing

(continued on next page)

(continued)

Citation (Author-Title) Year	Country or Region	Context (ie, Site of Participants)	Types of Evidence Source (eg, Study Design)	Context of BAP Application	Discipline or Profession of BAP Use	Conceptual or Theoretic Grounding of BAP (Type)
Ghahari 2020	Canada	Community	Exploratory sequential mixed methods design	Education	Primary Care	
Gratton 2016	USA	Hospital	Unknown	Healthcare	Emergency Department Physicians	Motivational Interviewing
Gutnick 2012	International	School	Online Video	Healthcare	Mental Health	Motivational Interviewing
Gutnick et al, 2014	USA	N/A	Review of theory, literature review	Healthcare	Multidisciplinary	Motivational Interviewing
Haczekewicz 2022	Canada	Community	Randomized control trial	Health	Community Health Educators	Motivational Interviewing
Hanson et al, 2022	Canada	Clinic	Qualitative descriptive study	Healthcare	Physical Therapy	
Hesketh et al, 2021	International	Community	Parallel group randomized control group	Healthcare	Physical Therapy	
Hibbert et al, 2021	Canada	Clinic	Prospective open clinical trial, single group pre and post-test design	Healthcare	Nursing	Motivational Interviewing
Hobson & Curtis, 2017	USA	Health system	Literature Review	Healthcare	Primary Care	
Hoekstra et al, 2022	Canada	Community	Descriptive	Health	Health Coaching	Shared-Decision Making

Houlihan et al, 2016	USA	Community	Qualitative pilot study	Health	Health Coaching	Peer Specialists
Houlihan et al, 2017	USA	Community	Single-blinded randomized control trial	Health	Health Coaching	Peer Specialists
Huang 2020	UK	Community	In the wild study	Health	Multidisciplinary	Motivational Interviewing
Hubner & Lippke, 2014	Germany	Community	Unknown	Health	Public Health	Action Planning Theory
Ingraham et al, 2016	USA	Clinic	Pilot testing of clinician training formats	Medical Education	Quality Improvement	Motivational Interviewing
ISRCTN 2016	Canada	Clinic	Clinical trial	Health	Primary Care	Shared-Decision Making
Jacquez et al, 2018	USA	Community	Community-based participatory research	Health	Community Health Educators	Action Planning Theory
Jadotte & Lane, 2022	USA	N/A	Clinical commentary	Healthcare	Preventive Medicine	Motivational Interviewing
Jadotte-Core 2021	USA	N/A	Descriptive	Healthcare	Preventive Medicine	
Jadotte-Definitions 2021	USA	N/A	Literature Review	Healthcare	Preventive Medicine	Brief-Action Planning
Jadotte-Population, 2021	USA	School	Description of a program	Medical Education	Preventive Medicine	
Jagnnathan et al, 2018	USA	Clinic, community	Prospective cohort study	Health	Health Coaching	Motivational Interviewing
Jay et al, 2014	USA	Community	Exploratory qualitative study	Healthcare	Primary Care	Motivational Interviewing
Johnson et al, 2016	USA	Community	Non-randomized feasibility study	Healthcare	Health Coaching	
(continued on next page)						

(continued)

Citation (Author-Title) Year	Country or Region	Context (ie, Site of Participants)	Types of Evidence Source (eg, Study Design)	Context of BAP Application	Discipline or Profession of BAP Use	Conceptual or Theoretic Grounding of BAP (Type)
Johnson et al, 2019	USA	Health system	Prospective cohort study	Healthcare	Community Health Educators	
Jope 2023	International	School	Workshop (Webinar)	Healthcare	Mental Health	Motivational Interviewing
Kaminetsky & Nelson 2015	USA	Clinic	Management style intervention	Healthcare	Primary Care	
Kandula et al, 2011	USA	Health system	Non-randomized pre-test, post-test study	Health	Community Health Educators	Brief Counseling
Kasidi 2022	USA	Clinic	Quality improvement	Health	Primary Care	Motivational Interviewing; Self-Efficacy
Lane & Cole 2017	USA	School	Lecture (Webinar)	Healthcare	General Medicine	Motivational Interviewing; Stages of Change
Larson & Martin 2021	USA	School	Prospective cohort study	Education	Multidisciplinary	Motivational Interviewing
Leavens et al, 2022	USA	Clinic, community	Secondary analysis of one-arm of a randomized control trial	Health	Public Health	
Leese 2009	Canada	Community	Qualitative secondary analysis of a semi-structured interview dad in mixed methods study	Healthcare	Physical Therapy	Motivational Interviewing

Leese-Ethical-Issues 2021	Canada	Community	Conceptual framework	Healthcare	Physical Therapy	
Leese-Experiences 2021	Canada	N/A	Secondary analysis of qualitative interviews nested within a randomized control trial	Healthcare	Physical Therapy	
Lewthwaite et al, 2018	USA	Clinic	Randomized control trial	Healthcare	Occupational Therapy	
Li 2018	Canada	Community	Randomized control trial	Healthcare	Physical Therapy	
Li et al, 2021	Canada	Community	Clinical Guideline Proposal	Healthcare	Physical Therapy	
Li-Community 2017	Canada	Community	Randomized control trial	Healthcare	Physical Therapy	
Li-Effects-12-wk 2020	Canada	Clinic, community	Randomized control trial with a delay-control design	Healthcare	Physical Therapy	
Li-Efficacy 2020	Canada	Health system	Randomized control trial	Healthcare	Physical Therapy	
Li-Technology 2017	Canada	Clinic	Randomized control trial	Healthcare	Physical Therapy	
Lin & Mann 2012	USA	Clinic	Intervention creation and pilot testing	Healthcare	Primary Care	Transtheoretical Model
Linzon et al, 2018	Canada	Community	Pilot study	Healthcare	Nephrology	Brief-Action Planning
Liu-Ambrose et al, 2022	Canada	Research center	Single blinded randomized control trial	Healthcare	Community Health Educators	
(continued on next page)						

(continued)

Citation (Author-Title) Year	Country or Region	Context (ie, Site of Participants)	Types of Evidence Source (eg, Study Design)	Context of BAP Application	Discipline or Profession of BAP Use	Conceptual or Theoretic Grounding of BAP (Type)
Lofters et al, 2021	Canada	Community	Non-blinded randomized control trial	Healthcare	Preventive Medicine	Motivational Interviewing
Look et al, 2019	USA	Clinic	Cross-sectional stratified samples design	Healthcare	Multidisciplinary	
Lunn et al, 2019	UK	Hospital	Descriptive	Healthcare	Respiratory Clinicians	
Ly et al, 2021	Canada	Hospital, clinic	Retrospective cohort study	Healthcare	Health Coaching	Brief-Action Planning
Lynch 2016	USA	N/A	Summary Report of the Discussion from a Demonstration Video Series	Healthcare	Occupational Therapy	Motivational Interviewing
Manca et al, 2018	Canada	Clinic	Randomized control trial embedded in a mixed method design	Healthcare	Primary Care	Motivational Interviewing
Mann & Lin 2012	USA	Clinic	Clinical Trial	Healthcare	Primary Care	
Matthews et al, 2022	USA	N/A	Review of theory	Healthcare	Primary Care	
McElligot & Turnier 2020	USA	N/A	Framework overview	Education	Nursing	
Mitchell-Automated 2021	USA	Clinic	Randomized control Trial	Healthcare	Health Coaching	Motivational interviewing

Mitchell-Enabling 2021	USA	Community	Cohort study, development study	Healthcare	Health Coaching	
Morgan-Collaborative et al, 2022	Canada	School	Curriculum map	Education	Medicine	Motivational Interviewing
Morgan-Dissemination et al, 2022	Canada	Community, hospital, clinic	Systematic scoping review	Healthcare		
Murgraff et al, 2006	UK	School	Randomized control trial	Healthcare	Community Health; Addiction Medicine	
Nalder et al, 2018	Canada	Clinic, community	Exploratory qualitative study	Healthcare	Occupational Therapy	
Nault 2013	USA	Community	Randomized control trial	Healthcare	Nutrition and Exercise Science	Theory of planned behavior
NCT-Brief-Internet 2021	Canada	Community	Randomized control trial protocol	Healthcare		
NCT-Chiropractic 2015	Canada	Clinic	Clustered randomized control pilot and feasibility trial	Healthcare	Chiropractor	Self- management theory
NCT-Family-Nutrition 2014	USA	Clinic	Randomized control trial	Healthcare	Clinical Nutritionist	Motivational Interviewing
NCT-The-SOAR 2021	Canada	Community	Randomized control trial protocol	Healthcare	Physical Therapy	
Oseko 2019	Canada	Clinic			Primary Care	Motivational Interviewing

(continued on next page)

<i>(continued)</i>						
Citation (Author-Title) Year	Country or Region	Context (ie, Site of Participants)	Types of Evidence Source (eg, Study Design)	Context of BAP Application	Discipline or Profession of BAP Use	Conceptual or Theoretic Grounding of BAP (Type)
Oshman 2017	International	School	Discussion board post	Healthcare	Primary Care	Self-Management Support
Pakpour & Sniehotta 2012	Iran	School	Prospective study	Healthcare	Public Health; Dentistry	
Park et al, 2018	Canada	Clinic, community	One group pre-post study	Healthcare	Physical Therapy	
Paszat et al, 2017	Canada	Community	Cluster randomized control trial protocol	Healthcare	Public Health	
Perkins et al, 2022	USA	Community	Cross-case analysis	Healthcare	Primary Care	
Perry et al, 2015	UK	Community, hospital, clinic	Report	Healthcare	Primary Care	
Ploughman et al, 2014	Canada	Community	Literature Review	Healthcare	Research	
Pomarensky 2022	Canada	Clinic	Literature Review	Healthcare	Physical Therapy	Motivational Interviewing
Pradhan 2014	Canada	Clinic	Scoping review, small study and survey	Healthcare	Primary Care	Self-management theory
Prior et al, 2023	Australia	Community, hospital, clinic	Systematic review with meta-analysis	Healthcare	Health Coaching	
Reims et al, 2013	USA	N/A	White paper	Healthcare, medical education		
Reims et al, 2015	USA	N/A	White paper	Healthcare, medical education		

Robin 2014	USA	Clinic	Randomized control trial	Healthcare	Primary Care; Pediatrics
Robinson et al, 2022	UK	Hospital, clinic	Machine learning assisted review of randomized control trials	Healthcare	Primary Care; Pharmacy
Rosciano & Brathwaite 2022	USA	School	Retrospective quantitative study	Healthcare	Nursing
Savarimuthu et al, 2013	USA	Health system	Plan-do-study-act	Healthcare	Multidisciplinary
Schedule 2016	USA	N/A	Workshop	Healthcare	Multidisciplinary
Schwab-Reese et al, 2021	USA	Community	Retrospective cohort study	Healthcare	Community Health; Obstetrics
Schwartz et al, 2015	USA	Health system	Cluster randomized control trial	Healthcare	Multidisciplinary
Shah et al, 2020	Canada	School	Delphi method with 2 interactions to reach consensus	Undergraduate medical education	Medical School Education
Shu et al, 2021	Canada	N/A	Single group pre-post design	Healthcare	Community Health; Peer Specialists; Physical Therapy
Siemens 2016	USA	N/A	Plan-do-study-act	Healthcare	Primary Care
Skeels et al, 2017	USA	Community	Randomized Control Trial	Health	Peer Specialists; Health Coaching
Sopcak et al, 2016	Canada	Clinic	Randomized Control Trial	Healthcare	Community Health; Peer Specialists
Sopcak et al, 2017	Canada	Clinic	Retrospective cohort study	Healthcare	Community Health; Peer Specialists
Sopcak et al, 2021	Canada	Clinic	Retrospective cohort study	Healthcare	Community Health; Peer Specialists
Sopcak et al, 2023	Canada	Clinic	Retrospective cohort study	Healthcare	Primary Care; Community Health; Nursing

(continued on next page)

(continued)

Citation (Author-Title) Year	Country or Region	Context (ie, Site of Participants)	Types of Evidence Source (eg, Study Design)	Context of BAP Application	Discipline or Profession of BAP Use	Conceptual or Theoretic Grounding of BAP (Type)
Stapleton 2014	Canada	Community	Randomized control trial	Health	Community Health; Peer Specialists	
Stephens 2022	Canada	Hospital	Retrospective cohort study	Healthcare	Community Health; Kinesiology	
Stephenson et al, 2018	USA	School	Retrospective cohort study	Healthcare	Clinical Nutritionist	
Tam et al, 2019	Canada	Clinic	Randomized Control Trial with delayed control design	Healthcare	Physical Therapy	
Toolkit 2015	USA	N/A	Clinical reference	Healthcare	Primary Care; Community Health	
Tumpa et al, 2019	USA	Community	Case study	Healthcare	Physical Therapy	
Tumpa 2021	USA	Health system	Pre and post cohort study	Healthcare	Physical Therapy	
Valdes et al, 2018	Canada	Clinic	Observational study	Healthcare	Physical Therapy; Occupational Therapy	
Viner et al, 2017	USA	N/A	Literature Review	Healthcare	Addiction Medicine	
Wasilewski et al, 2022	Canada	Community, hospital, clinic	Scoping Review	Health, Healthcare	Community Health	
Weisberg et al, 2021	Canada	Clinic	Case report	Healthcare	Chiropractor	
Whittaker-Feasibility-Virtual 2022	Canada	Clinic	Quasi-experimental feasibility study	Healthcare	Physical Therapy	

Whittaker-SOAR Efficacy 2022	Canada	Clinic	Two arm step wedged assessor- blinded delay- control randomized trial	Healthcare	Physical Therapy	
Whittaker-SOAR Feasibility 2022	Canada	Clinic	Quasi-experimental feasibility study	Healthcare	Physical Therapy	
Wittleder et al, 2021	USA	Clinic	Cluster-randomized trial	Healthcare	Primary Care; Health Coaching	
Wolf 2019	USA	Clinic	Randomized Control Trial	Healthcare	Clinical Nutritionist	
Yang 2021	Canada	Community	Single group pre- post design	Healthcare	Primary Care; Health Coaching	
Zerler 2017	International	Health system	Discussion board post	Healthcare	Primary Care	Motivational Interviewing

LIST OF CITATIONS OF INCLUDED STUDIES

- Allin S, Shepherd J, Munce S, et al. Online health coaching for Canadians with spinal cord injury: SCI&U pilot Results [Journal article; Conference proceeding]. *Journal of spinal cord medicine* 2019;42:S252.
- Allin S, Shepherd J, Thorson T, et al. Web-Based Health Coaching for Spinal Cord Injury: Results From a Mixed Methods Feasibility Evaluation. *JMIR Rehabilitation and Assistive Technologies* 2020;7(2). <https://doi.org/10.2196/16351>.
- American Psychiatric Association. Hybrid online introductory brief action plan 2022. Retrieved March 15 from. <https://motivationalinterviewing.org/hybrid-online-introductory-brief-action-plan>.
- Applegate M, Scott E, Taksler GB, et al. Project ACTIVE: a randomized controlled trial of personalized and patient-centered preventive care in an urban safety-net setting. *J Gen Intern Med* 2021;36:606–13.
- Ayyoub L, Hvizd A, Grace S, et al. Glucofit: A pilot study evaluating a brief action planning intervention in individuals with type 2 diabetes following a community-based physical activity program. *Journal of Exercise, Movement, and Sport (SCAPPS refereed abstracts repository)* 2017;49(1):148.
- Brathwaite B, Marino M, Bruckenthal P. Nurse Practitioner Confidence and Attitudes towards Brief Motivational Interventions to Improve Compliance with Health and Wellness Recommendations. *J Comm Pub Health Nursing* 2018;4(212):2.
- Brody M, Houlihan BV, Skeels SE, et al. Development of a peer-led phone intervention for goal-setting health care needs in spinal cord injury [Journal article; Conference proceeding]. *ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION* 2015; 96(10):e19. <https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01126827/full>.
- Bruckenthal P. 1F A Taste of MI: Motivational Interviewing and Brief Action Planning for Pain Management Nurses. 28th National Conference of American Society for Pain Management Nursing, September 26-29 2018, Bonita Springs, Florida. *Pain Manag Nurs* 2019;20(2):95.
- Clayton C, Feehan L, Goldsmith CH, et al. Feasibility and preliminary efficacy of a physical activity counseling intervention using Fitbit in people with knee osteoarthritis: the TRACK-OA study protocol. *Pilot and Feasibility Studies* 2015;1.
- Cole S. Brief action planning (Video): a practical MI tool for primary care 2012. Retrieved March 15 from. <https://motivationalinterviewing.org/forum/brief-action-planning-video-practical-mi-tool-primary-care>.
- Cole S. MI MED living registry 2021. Retrieved March 15 from. https://live-mint-d7-upgraded.pantheonsite.io/sites/default/files/05.07.21_mi_med_-_living_registry_responses_-_form_responses_1.pdf.
- Cole S, Bogenschutz M, Hungerford D. Motivational interviewing and psychiatry: Use in addiction treatment, risky drinking and routine practice. *Focus* 2011;9(1):42–54.
- Cole, S., Cole, M. D., Gutnick, D., et al (2013). Function three: collaborate for management. *The medical interview E-book: the three function approach*, 34.
- Cole, S., Gutnick, D., & Weiner, J. (2013). Stepped-care advanced skills for action planning. *The medical interview E-book: the three function approach*, 125.
- Connell G, Verville L, Cancelliere C, et al. Brief action planning targeting prognostic factors for an adult with persistent low back pain without radiculopathy: A case report. *Clinical Case Reports* 2020;8(12):2776–80.

- Davis, C. (2012). An introduction to quality improvement for MINTies. Retrieved March 15 from <https://live-mint-d7-upgraded.pantheonsite.io/sites/default/files/2012Q14MINT.pdf>.
- Davis, C. (2017). How Long Does It Take to Use Patient-Centered Communication? Institute for Healthcare Improvement. Retrieved March 15 from <https://www.ihl.org/education/IHIOpenSchool/resources/Pages/AudioandVideo/ConnieDavis-HowLongDoesItTakeToUsePatientCenteredCommunication.aspx>.
- Deegala C, Champany R. 2017 continuing dental education catalog - general courses - DE0028: motivational interviewing. Indian health Service 2017. Retrieved March 15 from. <https://www.ihs.gov/dentalcde/index.cfm?fuseaction=catalog.printcatalog&year=2017>.
- Dhopte P, French SD, Quon JA, et al. Guideline implementation in the Canadian chiropractic setting: a pilot cluster randomized controlled trial and parallel study. *Chiropr Man Ther* 2019;27. <https://doi.org/10.1186/s12998-019-0253-z>. Article 31.
- Duncan-Carnesciali J, Wallace BC, Odum M. An evaluation of a diabetes self-management education (DSME) intervention delivered using avatar-based technology: Certified diabetes educators' ratings and perceptions. *Diabetes Educat* 2018; 44(3):216–24.
- Eilayyan O. Optimizing Primary Healthcare Professional Practices in Chronic Low Back Pain Management (Publication Number 28250518) [Ph.D., McGill University (Canada)]. Canada – Quebec, CA: ProQuest dissertations & theses global; 2017.
- Eilayyan O, Thomas A, Hallé MC, et al. Promoting the use of self-management in novice chiropractors treating individuals with spine pain: the design of a theory-based knowledge translation intervention. *BMC Musculoskelet Disord* 2018; 19(1):328.
- Eilayyan O, Thomas A, Hallé MC, et al. Promoting the use of self-management in patients with spine pain managed by chiropractors and chiropractic interns: barriers and design of a theory-based knowledge translation intervention. *Chiropr Man Therap* 2019;27:44.
- Falck RS, Best JR, Li LC, et al. Can we improve cognitive function among adults with osteoarthritis by increasing moderate-to-vigorous physical activity and reducing sedentary behaviour? Secondary analysis of the MONITOR-OA study. *BMC Musculoskel Disord* 2018;19. <https://doi.org/10.1186/s12891-018-2369-z>.
- Falck RS, Davis JC, Best JR, et al. Effect of a multimodal lifestyle intervention on sleep and cognitive function in older adults with probable mild cognitive impairment and poor sleep: a randomized clinical trial. *J Alzheim Dis* 2020;76(1):179–93.
- Falck RS, Davis JC, Best JR, et al. Buying time: a proof-of-concept randomized controlled trial to improve sleep quality and cognitive function among older adults with mild cognitive impairment. *Trials* 2018;19(1):1–9.
- Farmer AJ, Oke J, Hardeman W, et al. The effect of a brief action planning intervention on adherence to double-blind study medication, compared to a standard trial protocol, in the Atorvastatin in Factorial with Omega EE90 Risk Reduction in Diabetes (AFORRD) clinical trial: A cluster randomised sub-study. *Diabetes Res Clin Pract* 2016;120:56–64.
- Gainforth HL. The Role of Communication Channels for Knowledge Mobilization in a Community-Based Organization (Publication Number 28389615) [Ph.D., Queen's University (Canada)]. Canada – Ontario, CA: ProQuest dissertations & theses global; 2013.
- Galaviz KI, Narayan KV, Lobelo F, et al. Lifestyle and the prevention of type 2 diabetes: a status report. *Am J Lifestyle Med* 2018;12(1):4–20.

- Gallegos-Carrillo K, García-Peña C, Salmerón J, et al. Brief counseling and exercise referral scheme: a pragmatic trial in Mexico. *Am J Prev Med* 2017;52(2):249–59.
- Gaughan M, Brinckman D. Telephonic Health Coaching (THC) Promotes Health Behavior Changes Among Participants in SNAP-Ed. *J Nutr Educ Behav* 2017; 49(7, Supplement 1):S98.
- Gaughan M, Brinckman D. P86 - SNAP-Ed: A Platform for Teaching Motivational Interviewing and Behavior Change Skills. *J Nutr Educ Behav* 2018;50(7, Supplement):S71.
- Ghahari, S, Burnett, S, & Alexander, L. (2020). Development and pilot testing of a health education program to improve immigrants' access to Canadian health services. *BMC Health Services Research*, 20, 1-12. <https://doi.org/10.1186/s12913-020-05180-y>.
- Gratton, P. (2016). A Phenomenological Investigation of Factors Leading to Success in Diverting Non-Urgent Emergency Department Use at a Rural Critical Access Hospital Using the Patient Centered Medical Home Model. <https://digitalcommons.georgefox.edu/dbadmin/9>.
- Gutnick, D. (2012). Engaging Primary Care Providers in discussions about MI - Mr. Smith's Smoking Evolution You tube video. Retrieved March 15 from <https://motivationalinterviewing.org/forum/engaging-primary-care-providers-discussions-about-mi-mr-smiths-smoking-evolution-you-tube-vide>.
- Gutnick D, Reims K, Davis C, et al. Brief Action Planning to Facilitate Behavior Change and Support Patient Self-Management. *J Clin Outcome Manag* 2014; 21(1):17–29. <http://proxy.library.stonybrook.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=rzh&AN=93882314&site=ehost-live&scope=site>.
- Haczekwicz KM. *The effectiveness of a brief internet-delivered behaviour change intervention among health middle-aged adults: a randomized controlled trial* Faculty of Arts. University of Regina; 2022.
- Hanson HM, Friesen J, Beaupre L, et al. Supporting Rehabilitation of Rural Patients Receiving Total Knee Arthroplasty Through Physical Activity: Perceptions of Stakeholder Groups. *ACR Open Rheumatology* 2022;4(10):863–71.
- Hesketh K, Low J, Andrews R, et al. Mobile Health Biometrics to Enhance Exercise and Physical Activity Adherence in Type 2 Diabetes (MOTIVATE-T2D): protocol for a feasibility randomised controlled trial. *BMJ Open* 2021;11(11):e052563.
- Hibbert C, Trottier E, Boville M, et al. The effect of peer support on knowledge and self-efficacy in weight management: a prospective clinical trial in a mental health setting. *Community Ment Health J* 2021;57:979–84.
- Hobson A, Curtis A. Improving the care of veterans: The role of nurse practitioners in team-based population health management. *Journal of the American association of Nurse Practitioners* 2017;29(11):644–50.
- Hoekstra F, Collins D, Dinwoodie M, et al. Measuring behavior change technique delivery and receipt in physical activity behavioral interventions. *Rehabil Psychol* 2022;67(2):128.
- Houlihan BV, Brody M, Everhart-Skeels S, et al. Randomized Trial of a Peer-Led, Telephone-Based Empowerment Intervention for Persons With Chronic Spinal Cord Injury Improves Health Self-Management. *Archives of physical medicine and rehabilitation* 2017;98(6):1067–76.e1061.
- Houlihan BV, Everhart-Skeels S, Gutnick D, et al. Empowering Adults With Chronic Spinal Cord Injury to Prevent Secondary Conditions. *Arch PM&R (Phys Med Rehabil)* 2016;97(10):1687–95.e1685.

- Huang Y. Internet of Things enabled sedentary behaviour change in office workers: development and feasibility of a novel intervention. *WorkMyWay*) University of Nottingham; 2020.
- Hübner G, Lippke S. Investigating and promoting the decision towards signing an organ donation card. *Open J Med Psychol* 2014.
- Ingraham N, Magrini D, Brooks J, et al. Two Tailored Provider Curricula Promoting Healthy Weight in Lesbian and Bisexual Women. *Wom Health Issues* 2016;26:S36–42.
- Isrctn. (2016). BETTER prevention and screening: personalized clinical visits for adults Trial registry record; Clinical trial protocol. <https://trialsearch.who.int/Trial12.aspx?TrialID=ISRCTN21333761>. <https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01817909/full>.
- Jacquez F, Vaughn LM, Suarez-Cano G. Implementation of a Stress Intervention with Latino Immigrants in a Non-traditional Migration City. *J Immigr Minority Health* 2019; 21(2):372–82.
- Jadotte YT, Lane DS. Core functions, knowledge bases and essential services: A proposed prescription for the evolution of the preventive medicine specialty. *Prev Med* 2021;143:106286.
- Jadotte YT, Lane DS. Population health rounds: A novel vehicle for training in population medicine and clinical preventive medicine. *J Publ Health Manag Pract* 2021;27(1):S139–45.
- Jadotte YT, Muzaffar S, Zaza S. Preparedness in Routine Prevention: Levers for the Preventive Medicine Specialty in the Healthcare Context. *Am J Prev Med* 2022; 62(4):656–60.
- Jadotte YT, Noel K. Definitions and core competencies for interprofessional education in telehealth practice. *Clinics in Integrated Care* 2021;6:100054.
- Jagannathan R, Ziolkowski SL, Weber MB, et al. Physical activity promotion for patients transitioning to dialysis using the “Exercise is Medicine” framework: a multi-center randomized pragmatic trial (EIM-CKD trial) protocol. *BMC Nephrol* 2018; 19. <https://doi.org/10.1186/s12882-018-1032-0>.
- Jay M, Gutnick D, Squires A, et al. In our country tortilla doesn't make us fat: cultural factors influencing lifestyle goal-setting for overweight and obese urban, Latina patients. *J Health Care Poor Underserved* 2014;25(4):1603.
- Johnson HM, LaMantia JN, Warner RC, et al. MyHEART: a non randomized feasibility study of a young adult hypertension intervention. *Journal of hypertension and management* 2016;2(2).
- Johnson HM, Sullivan-Vedder L, Kim K, et al. Rationale and study design of the MyHEART study: A young adult hypertension self-management randomized controlled trial. *Contemp Clin Trials* 2019;78:88–100.
- Joep, B. (2023). Advanced motivational interviewing. Retrieved March 15 from <https://motivationalinterviewing.org/facilitator-led-online-advanced-77>.
- Kaminetzky CP, Nelson KM. In the office and in-between: the role of panel management in primary care. *J Gen Intern Med* 2015;30:876–7.
- Kandula NR, Malli T, Zei CP, et al. Literacy and retention of information after a multimedia diabetes education program and teach-back. *J Health Commun* 2011; 16(sup3):89–102.
- Kasidi J. Quality Improvement Project Utilizing a Comprehensive Toolkit with Individualized Food Label Education and Brief Action Planning for Healthy Food Choices to Reduce the Burden of Chronic Disease Among Black People in the United States. *Nursing research* 2022;71(3):S104.

- Lane, S., & Cole, S. (2017). Motivational interviewing and brief action planning for smoking cessation in primary care. NY Chapter of the American College of Physicians. Retrieved March 15 from <https://www.nyacp.org/i4a/pages/index.cfm?pageid=3794>.
- Larson E, Martin BA. Measuring motivational interviewing self-efficacy of pre-service students completing a competency-based motivational interviewing course. *Exploratory Research in Clinical and Social Pharmacy* 2021;1:100009.
- Leavens EL, Nollen NL, Ahluwalia JS, et al. Changes in dependence, withdrawal, and craving among adult smokers who switch to nicotine salt pod-based e-cigarettes. *Addiction* 2022;117(1):207–15.
- Leese J. Self-managing with physical activity wearables: emerging ethical issues from the perspectives of persons living with *arthritis*. University of British Columbia; 2021.
- Leese J, MacDonald G, Backman CL, et al. Experiences of Wearable Technology by Persons with Knee Osteoarthritis Participating in a Physical Activity Counseling Intervention: Qualitative Study Using a Relational Ethics Lens. *JMIR mHealth and uHealth* 2021;9(11). <https://doi.org/10.2196/30332>.
- Leese J, Zhu S, Townsend AF, et al. Ethical issues experienced by persons with rheumatoid arthritis in a wearable-enabled physical activity intervention study. *Health Expect* 2022;25(4):1418–31.
- Lewthwaite R, Winstein CJ, Lane CJ, et al. Accelerating stroke recovery: body structures and functions, activities, participation, and quality of life outcomes from a large rehabilitation trial. *Neurorehabilitation Neural Repair* 2018;32(2):150–65.
- Li LC, Feehan LM, Hoens AM. Rethinking physical activity promotion during the COVID-19 pandemic: Focus on a 24-hour day. *J Rheumatol* 2021;48:1205–7.
- Li LC, Feehan LM, Shaw C, et al. A technology-enabled Counselling program versus a delayed treatment control to support physical activity participation in people with inflammatory arthritis: study protocol for the OPAM-IA randomized controlled trial. *BMC Rheumatology* 2017;1:1–8.
- Li LC, Feehan LM, Xie H, et al. Efficacy of a physical activity counseling program with use of a wearable tracker in people with inflammatory arthritis: a randomized controlled trial. *Arthritis Care Res* 2020;72(12):1755–65.
- Li LC, Feehan LM, Xie H, et al. Effects of a 12-Week Multifaceted Wearable-Based Program for People With Knee Osteoarthritis: Randomized Controlled Trial. *JMIR mHealth and uHealth* 2020;8(7). <https://doi.org/10.2196/19116>.
- Li LC, Sayre EC, Xie H, et al. A Community-Based Physical Activity Counselling Program for People With Knee Osteoarthritis: Feasibility and Preliminary Efficacy of the Track-OA Study. *JMIR Health and Health* 2017;5(6). <https://doi.org/10.2196/mhealth.7863>.
- Li LC, Sayre EC, Xie H, et al. Efficacy of a community-based technology-enabled physical activity counseling program for people with knee osteoarthritis: proof-of-concept study. *J Med Internet Res* 2018;20(4):e159.
- Lin JJ, Mann DM. Application of persuasion and health behavior theories for behavior change counseling: Design of the ADAPT (Avoiding Diabetes Thru Action Plan Targeting) program. *Patient Educ Counsel* 2012;88(3):460–6.
- Linzon R, Gray BG, Chan A, et al. Brief Action Planning (BAP): A Self-Management Support Technique for Promoting Collaborative Goal Setting for Patients on Home Dialysis. *Am J Kidney Dis* 2017;69(4):A64.
- Liu-Ambrose T, Falck RS, Dao E, et al. Effect of Exercise Training or Complex Mental and Social Activities on Cognitive Function in Adults With Chronic Stroke: A Randomized Clinical Trial. *JAMA Netw Open* 2022;5(10):e2236510.

- Lofters AK, O'Brien MA, Sutradhar R, et al. Building on existing tools to improve chronic disease prevention and screening in public health: a cluster randomized trial. *BMC Publ Health* 2021;21:1–11.
- Look M, Kolotkin RL, Dhurandhar NV, et al. Implications of differing attitudes and experiences between providers and persons with obesity: results of the national ACTION study. *PGM (Postgrad Med)* 2019;131(5):357–65.
- Lunn S, Dharmagunawardena R, Lander M, et al. It's hard to talk about breathlessness: a unique insight from respiratory trainees. *Clin Med* 2019;19(4):344.
- Ly M, Stephens S, Iruthayanathan R, et al. Physical Activity in Youth with Multiple Sclerosis receiving the ATOMIC intervention: Social connectedness above all else. *Multiple Sclerosis and Related Disorders* 2021;49:102795.
- Lynch, H. (2016). Discussion Options for Change Planning. Retrieved March 15 from <https://motivationalinterviewing.org/forum/mi-emerging-era-telemedicine-request-references-slide-sets-ideas>.
- Manca DP, Fernandes C, Grunfeld E, et al. The BETTER WISE protocol: building on existing tools to improve cancer and chronic disease prevention and screening in primary care for wellness of cancer survivors and patients – a cluster randomized controlled trial embedded in a mixed methods design. *BMC Cancer* 2018;18. <https://doi.org/10.1186/s12885-018-4839-y>.
- Mann DM, Lin JJ. Increasing efficacy of primary care-based counseling for diabetes prevention: Rationale and design of the ADAPT (Avoiding Diabetes Thru Action Plan Targeting) trial. *Implement Sci* 2012;7:6.
- Matthews JA, DBH M, NBC-HWC D, et al. A Coach Approach to Facilitating Behavior Change. *J Fam Pract* 2022;71(1 Suppl Lifestyle):eS93–9.
- McElligott D, Turnier J. Integrative Health and Wellness Assessment Tool. *Crit Care Nurs Clin* 2020;32(3):439–50.
- Mitchell EG. Enabling automated, conversational health coaching with human-centered artificial intelligence (publication number 28721586) [ph.D., Columbia university. United States – New York: ProQuest Dissertations & Theses Global; 2021.
- Mitchell EG, Maimone R, Cassells A, et al. Automated vs. human health coaching: Exploring participant and practitioner experiences. *Proceedings of the ACM on human-computer interaction* 2021;5(CSCW1):1–37.
- Mitchell, E. G., Maimone, R., & Mamykina, L. (2020). Characterizing Human vs. Automated Coaching: Preliminary Results. *Extended Abstracts of the 2020 CHI Conference on Human Factors in Computing Systems*.
- Morgan TL, Nowlan Stuart T, Fortier MS, et al. Moving toward co-production: five ways to get a grip on collaborative implementation of Movement Behaviour curricula in undergraduate medical education. *Canadian Medical Education Journal* 2022;13(5):87–100.
- Morgan TL, Romani C, Ross-White A, et al. Dissemination and implementation strategies for physical activity guidelines among adults with disability, chronic conditions, and pregnancy: a systematic scoping review. *BMC Publ Health* 2022;22:1–38.
- Murgraff V, McDermott D, Abraham C. An evaluation of an action-planning intervention to reduce the incidence of high-risk single-session alcohol consumption in high risk drinkers. *End of Award Report to the Alcohol Education and Research Council on Grant(71D); 2006. p. M212*.
- Nalder E, Marziali E, Dawson DR, et al. Delivering cognitive behavioural interventions in an internet-based healthcare delivery environment. *Br J Occup Ther* 2018;81(10):591–600.

- Nault, E. M. (2013). Theory of Planned Behavior: Item Response Sets and Prediction of Physical Activity Virginia Tech.
- Nct. (2014). Family Nutrition Physical Activity Tool Use During Well Child Visits Trial registry record; Clinical trial protocol. <https://clinicaltrials.gov/show/NCT02067728>. <https://www.cochranelibrary.com/central/doi/10.1002/central/CN-01543824/full>.
- Nct. (2015). Testing the Feasibility of Intervening to Optimize Chiropractic Care for Adults With Neck Pain Disorders Trial registry record; Clinical trial protocol. <https://clinicaltrials.gov/show/NCT02483091>. <https://www.cochranelibrary.com/central/doi/10.1002/central/CN-02033010/full>.
- Nct. (2021). Effectiveness of a Brief Internet-delivered Behaviour Change Intervention Among Healthy Middle-aged Adults Trial registry record; Clinical trial protocol. <https://clinicaltrials.gov/show/NCT05033184>. <https://www.cochranelibrary.com/central/doi/10.1002/central/CN-02307678/full>.
- Nct. (2021). The SOAR (Stop OsteoARthritis) Program Proof-of-Concept Study Trial registry record; Clinical trial protocol. <https://clinicaltrials.gov/show/NCT04956393>. <https://www.cochranelibrary.com/central/doi/10.1002/central/CN-02290258/full>.
- Oseko E. Primary care SERVICE IN adult mental health 2019.
- Oshman, L. (2017). Brief action planning and autonomy. Retrieved March 15 from <https://motivationalinterviewing.org/forum/brief-action-planning-and-autonomy>.
- Pakpour AH, Sniehotta FF. Perceived behavioural control and coping planning predict dental brushing behaviour among Iranian adolescents. *J Clin Periodontol* 2012; 39(2):132–7.
- Park C, Sayre EC, Li LC. Feasibility and Preliminary-efficacy of a Multi-faceted Physical Activity Counselling Program for Persons with Knee Osteoarthritis. *J Rheumatol* 2018.
- Paszat L, Sutradhar R, Mary Ann OB, et al. BETTER HEALTH: Durham – protocol for a cluster randomized trial of BETTER in community and public health settings. *BMC Publ Health* 2017;17:1.
- Perkins A, Bradley A, Magaldi J. Case analyses of state-sponsored asthma quality improvement interventions–benefits and technical assistance efforts. *J Asthma* 2022;59(3):616–27.
- Perry C, Chhatalia K, Damesick D, et al. Behavioural insights in health care. London: The Health Foundation; 2015. p. 18–29.
- Ploughman M, Deshpande N, Latimer-Cheung AE, et al. Drawing on related knowledge to advance multiple sclerosis falls-prevention research. *International journal of MS care* 2014;16(4):163–70.
- Pomarensky M. Athletic therapist's management of persistent musculoskeletal pain: Time to embrace a biopsychosocial lens. *J Athl Train* 2021.
- Pradhan P. Evaluating Readiness to Change Health Behaviours in Individuals with Chronic Pain (Publication Number 28265646) [M.Sc., McGill University (Canada)]. Canada – Quebec, CA: ProQuest dissertations & theses global; 2014.
- Prior JL, Vesentini G, Michell De Gregorio JA, et al. Health Coaching for Low Back Pain and Hip and Knee Osteoarthritis: A Systematic Review with Meta-Analysis. *Pain Med* 2023;24(1):32–51.
- Reims, K., Gutnick, D., Davis, C., et al (2015). Brief action planning white paper. 2012. In.
- Reims K, Gutnick D, Davis C, et al. Brief action planning. Centre for collaboration, motivation and innovation; 2013.
- Robin R. Brief Action Planning Paired with Obesigenic Screening in Pediatric Primary Care Clinics: Description of Methods and Design. 2014. AAP national conference and exhibition; 2014.

- Robinson L, Arden M, Dawson S, et al. A machine-learning assisted review of the use of habit formation in medication adherence interventions for long-term conditions. *Health Psychol Rev* 2022;1–23.
- Rosciano A, Brathwaite B. Sexual Well-Being and Screening for Risky Sexual Behaviors: A Quantitative Retrospective Study. *Journal of the New York State Nurses Association* 2022;49(1):28–37.
- Savarimuthu SM, Jensen AE, Schoenthaler A, et al. Developing a toolkit for panel management: improving hypertension and smoking cessation outcomes in primary care at the VA. *BMC Fam Pract* 2013;14:176.
- Schedule, D. (2016). Intermediate to advanced motivational interviewing for skill development & Supervision.
- Schwab-Reese LM, Renner LM, King H, et al. “They’re very passionate about making sure that women stay healthy”: a qualitative examination of women’s experiences participating in a community paramedicine program. *BMC Health Serv Res* 2021; 21:1–13.
- Schwartz MD, Jensen A, Wang B, et al. Panel management to improve smoking and hypertension outcomes by VA primary care teams: a cluster-randomized controlled trial. *J Gen Intern Med* 2015;30:916–23.
- Shah S, McCann M, Yu C. Developing a National Competency-Based Diabetes Curriculum in Undergraduate Medical Education: A Delphi Study. *Can J Diabetes* 2020;44(1):30–6.e32.
- Shu H, Ginis KM, Levett CLC, et al. Physical activity coaching implementation among physiotherapists and SCI peer mentors: behavioural determinants and effects 2021.
- Siemens AC. Improving Patient Care Delivery in a Small Alaska Native Health Care Organization (Publication Number 3746361) [Ph.D., Walden University]. United States – Minnesota: Ethnic NewsWatch; ProQuest dissertations & theses global; 2016.
- Skels S, Pernigotti D, Houlihan B, et al. SCI peer health coach influence on self-management with peers: a qualitative analysis. *Spinal Cord* 2017;55(11):1016–22.
- Sopcak N, Aguilar C, Nykiforuk CI, et al. Patients’ perspectives on BETTER 2 prevention and screening: qualitative findings from Newfoundland & Labrador. *BJGP open* 2017;1(3).
- Sopcak N, Aguilar C, Obrien MA, et al. Implementation of the BETTER 2 program: a qualitative study exploring barriers and facilitators of a novel way to improve chronic disease prevention and screening in primary care. *Implement Sci* 2016; 11. <https://doi.org/10.1186/s13012-016-0525-0>.
- Sopcak N, Fernandes C, O’Brien MA, et al. What is a prevention visit? A qualitative study of a structured approach to prevention and screening – the BETTER WISE project. *BMC Fam Pract* 2021;22:1–11.
- Sopcak N, Wong M, Fernandes C, et al. Prevention and screening during the COVID-19 pandemic: qualitative findings from the BETTER WISE project. *BMC Primary Care* 2023;24(1):27.
- Stapleton, J. (2014). A systematic examination of the role of social influence on leisure time physical activity among persons with physical disabilities.
- Stephens S, Schneiderman JE, Finlayson M, et al. Feasibility of a theory-informed mobile app for changing physical activity in youth with multiple sclerosis. *Multiple Sclerosis and Related Disorders* 2022;58:103467.
- Stephenson T, Gustafson A, Houlihan J, et al. The obesity food insecurity paradox: Student focus group feedback to guide development of innovative curriculum. *J Nutr Educ Behav* 2018;50(7):S71–2.

- Tam J, Lacaille D, Liu-Ambrose T, et al. Effectiveness of an online self-management tool, OPERAS (an On-demand Program to Empower Active Self-management), for people with rheumatoid arthritis: a research protocol. Durham: Research Square; 2019.
- Toolkit, U. P. AHRQ Health Literacy Universal Precautions Toolkit.
- Tumpa J, Ahamed S, Cole S, et al. The Development of Electronic Brief Action Planning (E-BAP): A Self-Management Support Tool for Health Behavior Change. 41st annual meeting of the society for medical decision making; 2019.
- Tumpa JF. Explainable retinal screening with self-management support to improve eye-health of diabetic population via telemedicine (publication number 28866428) [ph.D., marquette university]. United States – Wisconsin: ProQuest Dissertations & Theses Global; 2021.
- Valdés BA, Glegg SM, Lambert-Shirzad N, et al. Application of commercial games for home-based rehabilitation for people with hemiparesis: challenges and lessons learned. *Game Health J* 2018;7(3):197–207.
- Viner J, Viner L, Monroe-Cook D. Minding the Brain: A developmental neurobiological model for substance abuse treatment in emerging adults. *Yellow Brick J Emerg Adulthood* 2017;3:13–8.
- Wasilewski MB, Rios J, Simpson R, et al. Peer support for traumatic injury survivors: a scoping review. *Disabil Rehabil* 2022;1–34.
- Weisberg J, Connell G, Verville L, et al. Brief action planning to facilitate the management of acute low back pain with radiculopathy and yellow flags: a case report. *J Can Chiropr Assoc* 2021;65(2):212–8.
- Whittaker JL, Truong LK, Losciale JM, et al. Efficacy of the SOAR knee health program: protocol for a two-arm stepped-wedge randomized delayed-controlled trial. *BMC Musculoskel Disord* 2022;23:1–13.
- Whittaker JL, Truong LK, Losciale JM, et al. Feasibility of a virtual, physiotherapist-guided knee health program to manage osteoarthritis risk after an activity-related knee injury. *Osteoarthritis Cartilage* 2022;30:S224–5.
- Whittaker JL, Truong LK, Silvester-Lee T, et al. Feasibility of the SOAR (Stop OsteoArthritis) program. *Osteoarthritis and Cartilage Open* 2022;4(1):100239.
- Wittleder S, Smith S, Wang B, et al. Peer-Assisted Lifestyle (PAL) intervention: a protocol of a cluster-randomised controlled trial of a health-coaching intervention delivered by veteran peers to improve obesity treatment in primary care. *BMJ Open* 2021;11(2). <https://doi.org/10.1136/bmjopen-2020-043013>.
- Wolf T. Chronic Disease Prevention: Nutrition and Behavioral Neuroscience Approaches (Publication Number 22587390) [Ph.D., Iowa State University]. United States – Iowa: ProQuest dissertations & theses global; 2019.
- Yang MC. Understanding chronic disease management in older adults during the COVID-19. *pandemic* University of British Columbia; 2021.
- Zerler, H. (2017). Observation Coaching and Feedback in Primary Care settings. Retrieved March 15 from <https://motivationalinterviewing.org/forum/observation-coaching-and-feedback-primary-care-settings>.