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| **Theory** | **Theory Definition** |  | **Constructs** | **Construct Definition** | **Construct Example** |
| Theory of Reasoned Action/Theory of Planned Behavior | The Theory of Reasoned Action (TRA), or the Theory of Planned Behavior (TPB), is a theory that takes into account the fact that we think before we behave. These theories center around the assumption that our actions are predicted by our beliefs. The theory was originally called the Theory of Reasoned Action, with the constructs of Attitude Toward Behavior and Subjective Norm. Theorists then decided to expand the theory and add Perceived Behavior Control, and the theory became the Theory of Planned Behavior. |  | **Behavioral Intention** | This refers to the likelihood of someone intending to do a certain behavior. “I intend, I predict, or I plan to do something.” This is the best predictor of someone actually following through with a behavior. | I want to start reading my scriptures every day |
|  |  |  | **Attitude Toward Behavior** | How a person feels about doing a certain behavior, based on their behavioral beliefs and evaluation of behavioral outcomes | I value eating less fat and sodium because I want to lower my blood pressure. |
|  |  |  | Behavioral Belief (=outcome expectations fro SCT) | This is the belief that a certain behavior is correlated with a certain outcome. | I believe that if I eat less fat and sodium, my blood pressure will lower. |
|  |  |  | Outcome Evaluation (=outcome expectancies from SCT) | This refers to the value an individual places on the outcome of a behavior. | I believe eating well will lower my blood pressure, but I don’t really care about my blood pressure. |
|  |  |  | **Subjective Norm** | This is *the belief* that most significant people in your life would want you to behave in a certain way. |  |
|  |  |  | Normative Belief | This is **what** you believe most significant people (referent group) would want you to do. |  |
|  |  |  | Motivation to Comply | This is how motivated you are to actually do what the significant people in your life want you to do. |  |
|  |  |  | **Perceived Behavioral Control=self efficacy** | How much a person feels like they are in control of a behavior. | I can’t control what I eat because I live by a lot of fast food restaurants; I’m always in a hurry and need quick meals. |
|  |  |  | Perceived power | Your actual control in doing the behavior | I can exercise outside when the gym is closed. |
| **"Main" constructs:** B**ehavioral Intentions**,  A**ttitudes** (=behavioral beliefs+outcome evaluations),  S**ubjective Norms** (=normative beliefs+motivation to comply),  P**erceived Behavioral Control** (=control beliefs+perceived power) |  |  | Control beliefs | Beliefs about how factors will affect your ability to perform a certain behavior (i.e. your environment) | I need a gym to exercise, so I can only exercise when the gym is open |