

Behavioral Sciences, Editorial Office

Special Issue “Health Behavior Change: Theories, Methods & Interventions”

Guest Editors Prof Martin Hagger and Prof Kyra Hamilton

Dear Professors Hagger and Hamilton,

Thank you for inviting a submission to be considered as a lead article in the Special Issue of *Behavioral Sciences*, “*Health Behavior Change: Theories, Methods & Interventions*”. I am writing to submit the manuscript entitled “Studying behaviour change mechanisms under complexity”.

We believe that this manuscript would fit well the aim of the Special Issue, as it presents innovative theoretical and methodological approaches that may have the potential to move knowledge on behavior change forward. The aim of the manuscript is to show the relevance of complex systems approach to behaviour change theory and analysis, and to present novel ways to empirically study mechanisms of behaviour change, using quantitative complex systems approaches.

Even though complex adaptive systems approaches are a “hot topic” in many disciplines at the moment, there are few articles that translate the implications of this paradigm to practical methodological tools for health behaviour researchers - this paper attempts to do just this.

The manuscript is not under consideration by any other journal and has not been previously submitted to any MDPI journal. We believe that the readers of the Special Issue would be highly interested in this conceptual review that to taking up methods enabling rigorous quantitative analysis of complex systems.

Thank you for considering this manuscript for publication in *Behavioral Sciences*.

Best regards,

Nelli Hankonen, on behalf of all authors

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