

Respondents of the Provinces of Limburg, Brabant and Zeeland are approached by RHA's with the request to complete the questionnaire included in the Adult Health Monitor 2009, either in writing or electronically (online).



Only respondents that fill out the questionnaires electronically will be approached for the present studies.



Information about the new CT program as well as study 1 and 2 is provided after completion of the Adult Health Monitor questionnaire.



Respondents that are interested in this new CT program are linked to the program.



Respondents fill out an online informed consent form



Demographic data and data regarding the key health behaviors, acquired through the Adult Health Monitor, are copied into the CT database.



Respondents' current health behavior status is compared to Dutch public health guidelines set for these behaviors.



In case of discrepancies, respondents have an opportunity to change their behavior with help of a CT module available for each behavior.



Within each CT module, respondents are provided with an additional questionnaire concerning intention to change the behavior, cognitive variables and planning abilities.



Personalized feedback based on information retrieved from the Adult Health Monitor and the additional questionnaire is provided.



Once people leave the program after their first visit, they are provided with a brief questionnaire to assess their satisfaction with the new program and their intention to re-use it. People are invited to revisit the new service to monitor their behavior changes.