

## Distal determinants

### **Attitude**

(Advantages vs.  
Disadvantages)

### **Social influence**

(Social norm, direct  
pressure, social learning,...)

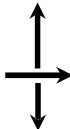
### **Self-efficacy**

(Experiences, persuasion,  
physiological arousal,...)



**Intention**

**Barriers**



**Skills**



**Behavior**