

Supplementary material

The COM-B Model conceptualises behaviour as part of a system of several factors (Figure 1a). It is useful for identifying “what is needed” in different populations and target behaviours to influence behaviour change. Three domains with subdomains entitled capability, opportunity and motivation are proposed to impact behaviour. Briefly discussed, psychological capability relates to an individual’s psychological and cognitive capacity to comprehend the target behaviour, whilst physical capability entails an individual’s skills to enact the target behaviour. Physical opportunity represents the environmental factors that facilitate or hinder the target behaviour, whilst social opportunity entails social factors that influence the target behaviour. Lastly, reflective motivation represents the conscious decision and planning of the target behaviour, whilst automatic motivation relates to impulses and emotions. The associated BCW (Figure 1b) is a framework that can help identify the intervention functions and behaviour change techniques required to “tackle” the COM-B domains. The COM-B and BCW will, in theory, result in a tailored intervention with strategies and behaviour change techniques most suitable to influence the desired target behaviour [10]. In summary, oral health should be considered in GDM given its impact on diabetes and pregnancy outcomes. However, women with GDM require a tailored approach to oral health care that considers the intensity and complexity associated with a GDM diagnosis.

Figure 1a

The COM-B Model is a system of factors that is proposed to impact behaviour [10].

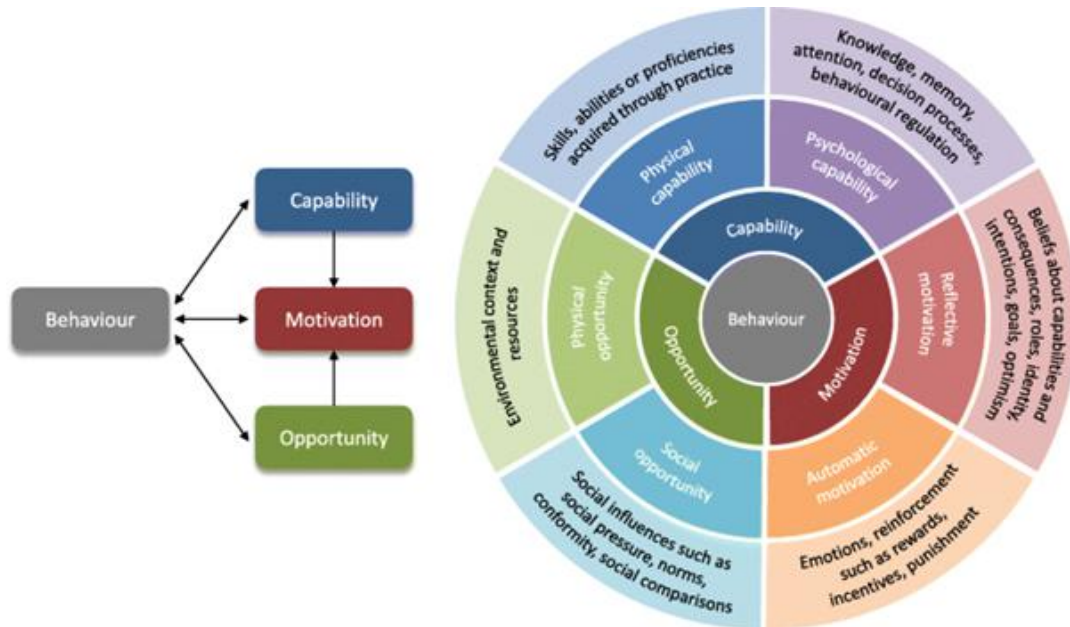


Figure 1b

The BCW is a method for designing behavioural interventions [10].

