

# COM-B model sheet

## Capability Barriers

<b>Awareness</b>	Are colleagues aware of the implementation mechanisms?
<b>Know how &amp; cognitive skills</b>	Do colleagues understand what to do and know how to do it?
<b>Interpersonal skills</b>	Do we have the interpersonal skills (e.g., relationships, buy-in) to make the program happen?
<b>Memory</b>	Will colleagues remember these new changes?
<b>Attention span</b>	Will colleagues become bored or disinterested?
<b>Evaluating options and making decisions</b>	Are we able to evaluate the different options? Are leaders able to make the necessary decisions?

## Opportunity Barriers

<b>Opportunities in the environment</b>	Are there opportunities in the environment to encourage the implementation? Is it difficult or impossible to do?
<b>Prompts in the environment</b>	Does the environment encourage or discourage implementation
<b>Resources and time</b>	Do we have the resources and the time needed?
<b>Social and cultural norms</b>	Is it the norm in the city to do the opposite of the program?  How might peers influence implementation behavior?
<b>Role models</b>	What role models in the city will encourage the program?

## Motivational Barriers

<b>Belief in abilities</b>	Do staff believe they can implement the program?
<b>Beliefs about consequences</b>	Will it lead to a positive or negative outcome? Is this outcome likely to happen?
<b>Goals</b>	Is there a clear goal or target? Is the goal a priority?
<b>Identity</b>	Is the behavior in line with how staff see themselves?
<b>Negative emotions</b>	How do staff feel about the program?
<b>Unhelpful habits</b>	Is it a habit?
<b>Accountability</b>	Who will hold staff accountable?
<b>Automatic responses</b>	Is not implementing the program an automatic response?

