

PER WORKSHEET

**Predisposing, Enabling
and Reinforcing Factors**

**SOCIAL &
BEHAVIORAL
DETERMINANTS
OF HEALTH**

PER WORKSHEET

Target Behavior

Target Audience

Other Key Individuals

PREDISPOSING

Cognitive, affective, and socio-demographic factors that contribute to a person's motivation to act.

Knowledge

Beliefs & Attitudes

Intention

Demographics

Other

GOLDMANN

ENABLING

Skills and resources that facilitate the completion of a health behavior.

Skills

Resources

Social & Physical Environment

GOLDMANN

REINFORCING

Reminders, feedback, and support factors associated with continuation of the health behavior.

Reminders

Reinforcement

Social Support

GOLDMANN

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