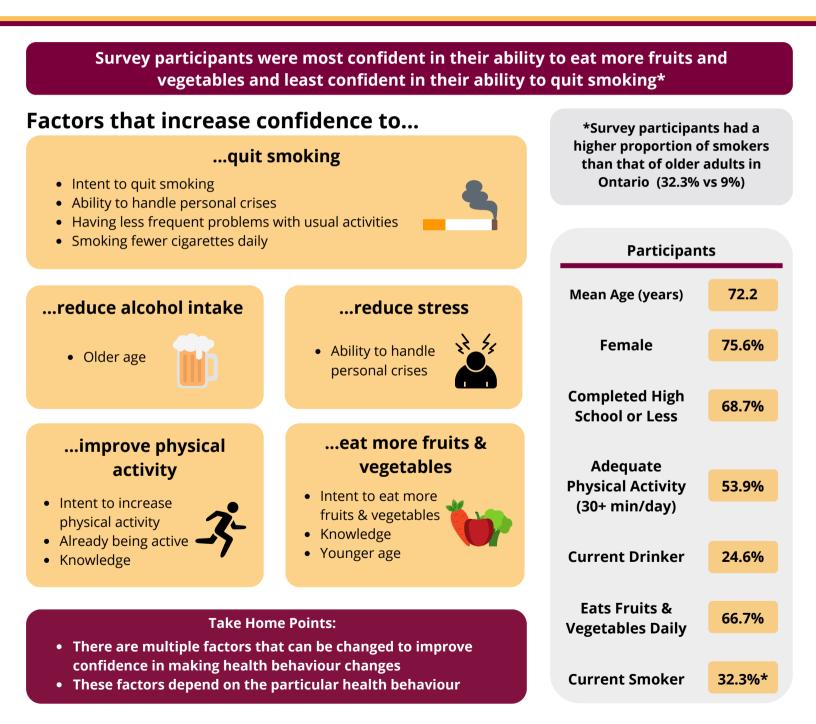


Self-Efficacy to Make Health Behaviour Changes: A Survey of Older Adults Living in Ontario Social Housing



A cross-sectional survey with adults ages 55+ (n=599) from 16 social housing buildings across five Ontario communities used the Health Awareness and Behaviour Tool (HABiT) to measure participants' self efficacy (or confidence) for health behaviour change.



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Dzerounian J, Pirrie M, AlShenaiber L, Angeles R, Marzanek F, Agarwal G. Health knowledge and self-efficacy to make health behaviour changes: a survey of older adults living in Ontario social housing. BMC Geriatr 22, 473 (2022). https://doi.org/10.1186/s12877-022-03116-1