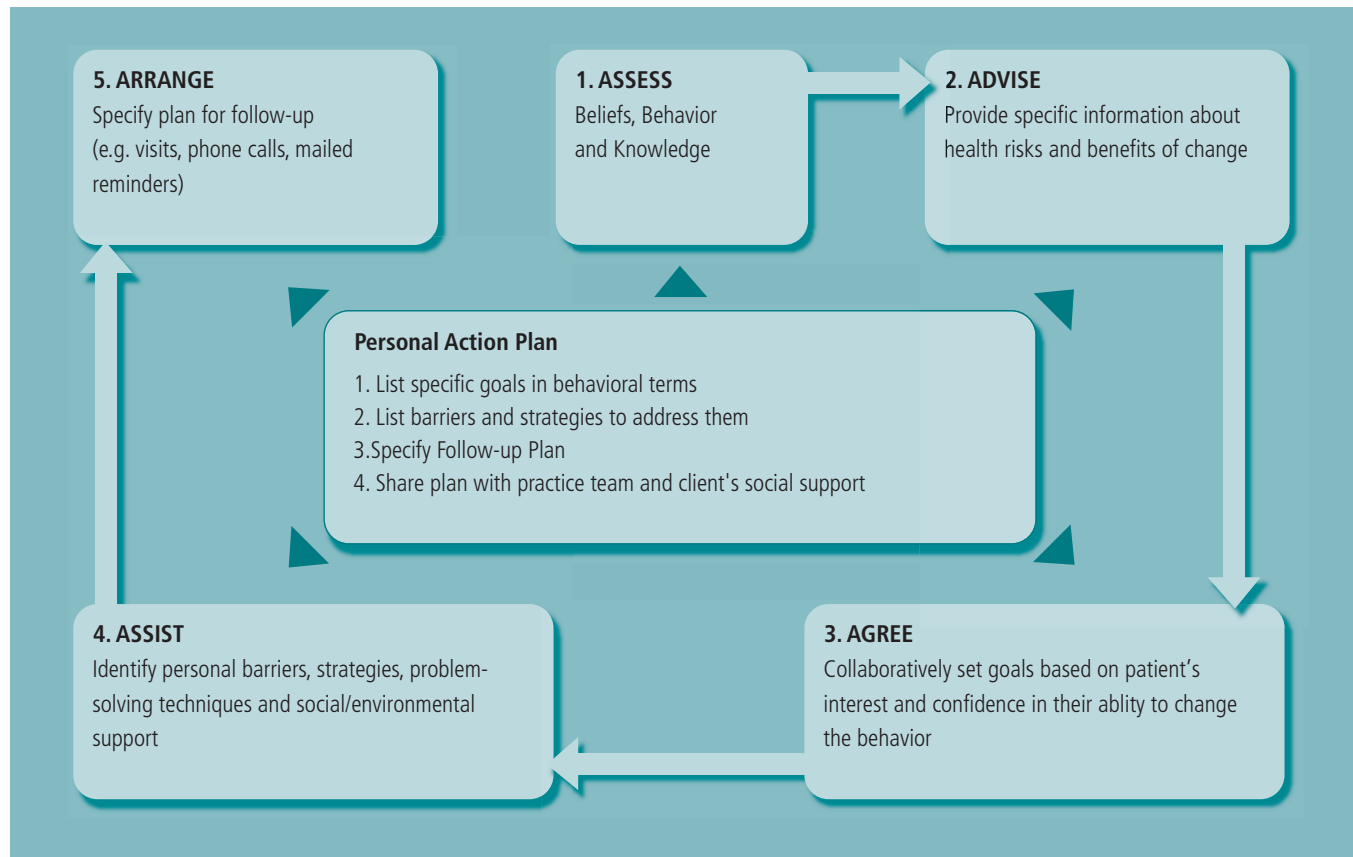


Figure B. The “5 A’s” of Behavioural Change\*



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\* See Appendix C: The Five A's for detailed description