

Implementation Models, Theories & Frameworks

Theoretical Domains Framework (TDF)

The Theoretical Domains Framework (TDF) helps identify what influences behaviour change, including barriers and enablers, so that specific implementation plans can be created.

Type

Determinant Framework

Purpose

The TDF is used to find and explain behavioural issues in healthcare and social interventions, particularly where it is important to know what helps or blocks behaviour change.

For example, researchers use the TDF to study how well healthcare professionals follow clinical guidelines, how new health technologies are used, and how patients engage in healthy behaviours.

Elements

The TDF combines ideas from 33 behaviour change theories and organises them into 14 main domains:

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| 1. Knowledge | 8. Intentions |
| 2. Skills | 9. Goals |
| 3. Social/Professional Role and Identity | 10. Memory, Attention, and Decision Processes |
| 4. Beliefs about Capabilities | 11. Environmental Context and Resources |
| 5. Optimism | 12. Social Influences |
| 6. Beliefs about consequences | 13. Emotion |
| 7. Reinforcement | 14. Behavioural Regulation |

Use with

COM-B: The TDF can explain the different parts of the COM-B model in more detail.

Consolidated Framework for Implementation Research (CFIR): The TDF can show how individual behaviours interact with larger implementation processes.

Strengths and Limitations

STRENGTHS

- Provides a comprehensive view of factors influencing behaviour change across different settings.
- Helps identify specific barriers and enablers to guide tailored, effective interventions.
- Supported by strong empirical evidence and widespread use in research and practice.

LIMITATIONS

- The 14 broad domains can create ambiguity, making it hard to identify specific behavioural factors.
- Time-intensive.
- Require solid understanding of behavioural determinants.

See it in practice

	Designing a behaviour change intervention using COM-B and the Behaviour Change Wheel: Co-designing the Healthy Gut Diet for preventing gestational diabetes (Meloncelli et al., 2024).
	What influences practitioners' readiness to deliver psychological interventions by telephone? A qualitative study of behaviour change using the Theoretical Domains Framework. (Faija et al., 2020).
	Advance care planning in dementia: a qualitative study of Australian general practitioners (Alam et al., 2021).
	Using the Theoretical Domains Framework and Behaviour Change Wheel Framework within the world of nutrition support (Carey & Hogan, 2025).

Find out more



[The Theoretical Domains Framework and Behaviour Change Wheel: An Introduction for Clinicians \(A/Prof. Shelley Wilkinson\)](#)



[Making Psychological Theory Useful for Implementing Evidence Based Practice: A Consensus Approach](#)



[A Guide to using the Theoretical Domains Framework of Behaviour Change to Investigate Implementation Problems](#)



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