**Review criteria**

\**Please note that different measures will vary in their stages of the SOBC method, and therefore will not be reviewed in relation to all criteria. Possibilities for submission include:*

*• Identified only*

*• Identified and Measured*

*• Identified, Measured, and Influenced*

*• Identified, Measured, Influenced; and Validated/Not Validated Outcome.*

*Example: If the measure in question is Identified and Measured but not yet Influenced and Validated/Not Validated Outcome, then only Identified and Measured would be checked and have the text fields filled in.*

The submission will be evaluated with respect to the following criteria:

**General**

1. Submissions should be written in paragraph form, using complete sentences.
2. Citations should be included in AMA style.

**Description**

*Briefly describe the measure. The following questions may be relevant:*

What mechanism/construct is it intended to measure? Does it have subscales? How many items does it include? How are responses coded (e.g., Likert scale, eye tracking)? Are scoring procedures available?

**Identified**

*Has this construct been* ***identified*** *as a potential mechanism for behavior change?*

1. Does the submission cite literature to support this mechanism? *This can be theoretical, preliminary evidence, correlational research, etc.*

**Examples**

[Angling Risk Task](https://scienceofbehaviorchange.org/measures/angling-risk-task/) –

**Measures Validation Form: Identified Stage (INCOMPLETE)**

1. *Title*: Type the title of the measure.
2. *Domain*: Indicate the domain that the measure is hypothesized to measure:
   1. Self-regulation
   2. Stress reactivity & stress resilience
   3. Interpersonal & social processes
3. *Type:* Indicate the type of measure in question:
   1. Self-report
   2. Task
   3. Observational
4. *Duration (in minutes)*: Enter the approximate time it takes a participant to complete the measure (e.g., 20).
5. *Description*: Type a brief description of the measure – *see review criteria below*.
6. *OSF Link*: Type the URL for a link to a research project that uses this measure on the website of the Open Science Framework (OSF). [Use the following steps to obtain the relevant project link: 1) go to <https://osf.io/>, 2) select “Sign In” to log in with the username and password for your account or, if necessary, select “Sign up” to create a new account, 3) use the “Search” and/or “My Projects” tabs to locate a particular project, 4) select the relevant project and copy and paste the associated URL into the relevant field on the submission form.]
7. *Adult/Child*: Indicate whether the measure is intended for an adult or child population.
8. *Computerized/Paper*: Indicate whether the measure is administered by computer or by paper.
9. *Identified*: Check this box if the mechanism assessed in the measure has been identified as a target for behavior change – *see review criteria below*.
   1. *Identified Description*: Summarize the evidence indicating the extent to which the mechanism has been identified (i.e. seminal reference for this mechanism, theoretical support for the mechanism).
   2. *Identified Supporting Documentation*: Please upload the document(s) (i.e. peer-reviewed empirical manuscripts) that provide the evidence included in the Identified Description. Click “Add Row” (at the right) and then “Add File” (at the left) to upload supporting material.

**Measures Validation Form: Identified Stage (COMPLETE)**

1. *Title*: Angling Risk Task (Always Sunny)
2. *Domain*: Self-regulation
3. *Type:* Task
4. *Duration (in minutes)*: 20
5. *Description*: The Angling Risk Task (ART) assesses cognitive processes underlying decision making in a sequential risk-taking paradigm. This task is comprised of tournaments of 30 rounds each. In each round, participants “fish” for red and blue fish in an attempt to earn as much money as possible. Of the N fish, N-1 are red and 1 is blue. Each red fish the participant catches is worth five cents; if the participant catches the blue fish, however, the round ends, and the participant loses all the money accumulated in that round. Participants are able to stop any round at any time and collect their earnings.  
   Each tournament can have a different release law: (1) Catch ‘n’ Keep, in which the probability of catching a red fish goes down as each fish is caught and removed from the pond, and (2) Catch ‘n’ Release, where the probability of catching a red fish stays constant. In the “Always Sunny” version of the task, participants are able to see the number of red and blue fish. The outcome is the ART score – the average number times the participant chooses to “fish” on trials that end by choice (i.e. rather than ending by catching a blue fish).
6. *OSF Link*: <https://osf.io/amxpv/>
7. *Adult/Child*: Adult.
8. *Computerized/Paper*: Computer.
9. *Identified*:
   1. *Identified Description*: The Angling Risk Task (ART) measures processes of evaluation, learning, and response in a sequential risk-taking paradigm, producing an individual difference score that has been related to risk behaviors (e.g., drug use) (Pleskac, 2008). Risk taking is relevant to self-regulation, and may be an important target for mechanistic research on health behavior and behavior change.
   2. *Identified Supporting Documentation*: Text Citation: Pleskac, T. J. (2008). Decision making and learning while taking sequential risks. Journal of Experimental Psychology: Learning, Memory, and Cognition, 34(1), 167.

[Barratt Impulsiveness Scale](https://scienceofbehaviorchange.org/measures/barratt-impulsiveness-scale/) –

**Measures Validation Form: Identified Stage (INCOMPLETE)**

1. *Title*: Type the title of the measure.
2. *Domain*: Indicate the domain that the measure is hypothesized to measure:
   1. Self-regulation
   2. Stress reactivity & stress resilience
   3. Interpersonal & social processes
3. *Type:* Indicate the type of measure in question:
   1. Self-report
   2. Task
   3. Observational
4. *Duration (in minutes)*: Enter the approximate time it takes a participant to complete the measure (e.g., 20).
5. *Description*: Type a brief description of the measure – *see review criteria below*.
6. *OSF Link*: Type the URL for a link to a research project that uses this measure on the website of the Open Science Framework (OSF). [Use the following steps to obtain the relevant project link: 1) go to <https://osf.io/>, 2) select “Sign In” to log in with the username and password for your account or, if necessary, select “Sign up” to create a new account, 3) use the “Search” and/or “My Projects” tabs to locate a particular project, 4) select the relevant project and copy and paste the associated URL into the relevant field on the submission form.]
7. *Adult/Child*: Indicate whether the measure is intended for an adult or child population.
8. *Computerized/Paper*: Indicate whether the measure is administered by computer or by paper.
9. *Identified*: Check this box if the mechanism assessed in the measure has been identified as a target for behavior change – *see review criteria below*.
   1. *Identified Description*: Summarize the evidence indicating the extent to which the mechanism has been identified (i.e. seminal reference for this mechanism, theoretical support for the mechanism).
   2. *Identified Supporting Documentation*: Please upload the document(s) (i.e. peer-reviewed empirical manuscripts) that provide the evidence included in the Identified Description. Click “Add Row” (at the right) and then “Add File” (at the left) to upload supporting material.

**Measures Validation Form: Identified Stage (COMPLETE)**

1. *Title*: Barratt Impulsiveness Scale
2. *Domain*: Self-regulation
3. *Type:* Self-report
4. *Duration (in minutes)*: Time not specified
5. *Description*: The Barratt Impulsiveness Scale (BIS) is 30-item self-report scale that is commonly used to measure impulsiveness. Participants respond to each item using a 4-point Likert scale: 1 (rarely/never), 2 (occasionally), 3 (often), and 4 (almost always/always). Principal components analysis has revealed six primary factors of the scale: 1) attention (e.g., “I am restless at the theater or lectures”), 2) motor impulsiveness (e.g., “I do things without thinking”), 3) self-control (e.g., “I say things without thinking”), 4) cognitive complexity (e.g., “I get easily bored when solving thought problems”), 5) perseverance (e.g., “I change jobs”), and 6) cognitive instability (e.g., “I have ‘racing’ thoughts”). Three secondary factors have also been identified: attentional impulsiveness (mixture of primary factors 1 and 6), motor impulsiveness (mixture of primary factors 2 and 5), and non-planning impulsiveness (mixture of primary factors 3 and 4).
6. *OSF Link*: https://osf.io/amxpv/
7. *Adult/Child*: Adult.
8. *Computerized/Paper*: Paper.
9. *Identified*:
   1. *Identified Description:* For over 50 years the Barratt Impulsiveness Scale (BIS) and its iterations have been widely used measures of impulsive tendencies (Barratt, 1959; Patton & Stanford, 1995). Impulsiveness is a highly relevant measure of individual differences in the domain of self-regulation. This construct has been associated with health behaviors (e.g., smoking and heavy drinking; Granö, Virtanen, Vahtera, Elovainio, & Kivimäki, 2004) and therefore may be a mechanism of behavior change.
   2. *Identified Supporting Documentation*: Text Citation: Barratt, E. S. (1959). Anxiety and impulsiveness related to psychomotor efficiency. Perceptual and Motor Skills, 9, 191–198; Text Citation: Granö, N., Virtanen, M., Vahtera, J., Elovainio, M., & Kivimäki, M. (2004). Impulsivity as a predictor of smoking and alcohol consumption. Personality and individual differences, 37(8), 1693-1700; Text Citation: Patton, J. H., & Stanford, M. S. (1995). Factor structure of the Barratt impulsiveness scale. Journal of Clinical Psychology, 51(6), 768-774.