

**COM-B assessment questions** (adapted from Michie *et al.*, 2014)

In order for you to do or be involved in <i>[insert target intervention action]</i> , what do you think it would take for you to do it?		
<b>Capability</b>		Tick here if important to your group/community and add any notes or details
I need to know more about why it was important to end FGM and/or engage in this action	e.g. arguments about why FGM not required for Islam; or how it causes health problems	
I need to know more about how to do it	e.g. how to organise a community event, or stand up and present to an audience	
I need to have better mental skills	e.g. learn how to present arguments about FGM more effectively	
I need to have more mental strength	e.g. be able to resist the urge to leave taking action to someone else	
I need to overcome physical limitations	e.g. get around problems of disability or illness	
I need to overcome mental obstacles	e.g. Overcome feeling of it's easier to take no action	
I need to have more physical stamina	e.g. develop greater capacity to maintain physical effort	
I need to have more mental stamina	e.g. develop greater capacity to maintain mental effort	
<b>Opportunity</b>		Tick here if important to your group/community and add any notes or details
I need to have more time to do it	e.g. find dedicated time and re-organise other things in my life	
I need to have more	e.g. apply for and win funding to do it	

money to do it		
I need to have more materials or resources to do it	e.g. access to presentation tools, and the internet, or support to plan a talk	
I need to have access to facilities	e.g. find somewhere to host an event	
I need to have more people around me also doing this	e.g. be part of a group who are doing this together	
I need to have more triggers to prompt me	e.g. have reminders to raise the topic for discussion when needed with family or friends	
I need to have more support from others	e.g. family and friends would need to support me	
<b>Motivation</b>		Tick here if important to your group/community and add any notes or details
I need to feel that I want to do it more	e.g. feel more of a sense of pleasure or satisfaction from doing it	
I need to feel that I need to do it more	e.g. care more about the negative consequences of not doing it	
I need to believe it would be a good thing to do	e.g. have a stronger sense that this is something I should do	
I need to develop better plans for doing it	e.g. have a clearer and better developed plan for how to achieve it	
I need to develop a habit for doing it	e.g. get into a pattern of doing it without needing to think much about it	
I need to feel that I am able to do it	e.g. feel that I am fully capable and confident of doing it	
Anything else (give details)		

REPLACE 2

**NOTES PAGE**