Health Action Process Approach

Outcome Expectancies → Intention

Risk Perception → Intention

Task Self-Efficacy

Coping Self-Efficacy

Recovery Self-Efficacy

Action Planning

Coping Planning

Initiative → Maintenance

Recovery

Action

Disengagement

Barriers and Resources
Outcome Expectancies -> Intention -> Action Planning & Maintenance
Risk Perception -> Intention

Action Self-Efficacy
Coping Self-Efficacy
Recovery Self-Efficacy
Self-Efficacy

Outcome Expectancies

Risk Perception

Intention

Planning

Action

Non-Intenders

Intenders

Actors

Simplified HAPA Design with 3-Stage Layer
Outcome Expectancies

Intention

Action Planning
Coping Planning

Initiative
Maintenance

Recovery

Action

Barriers and Resources

Self-Efficacy

Risk Awareness

Disengagement