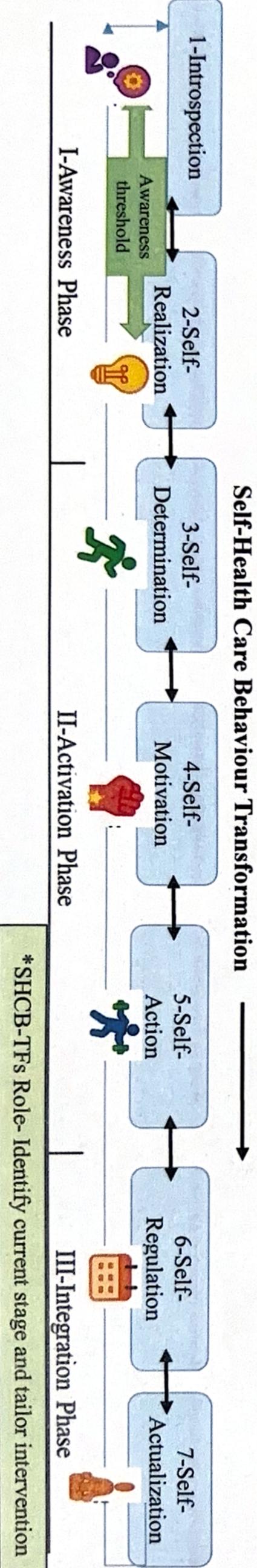
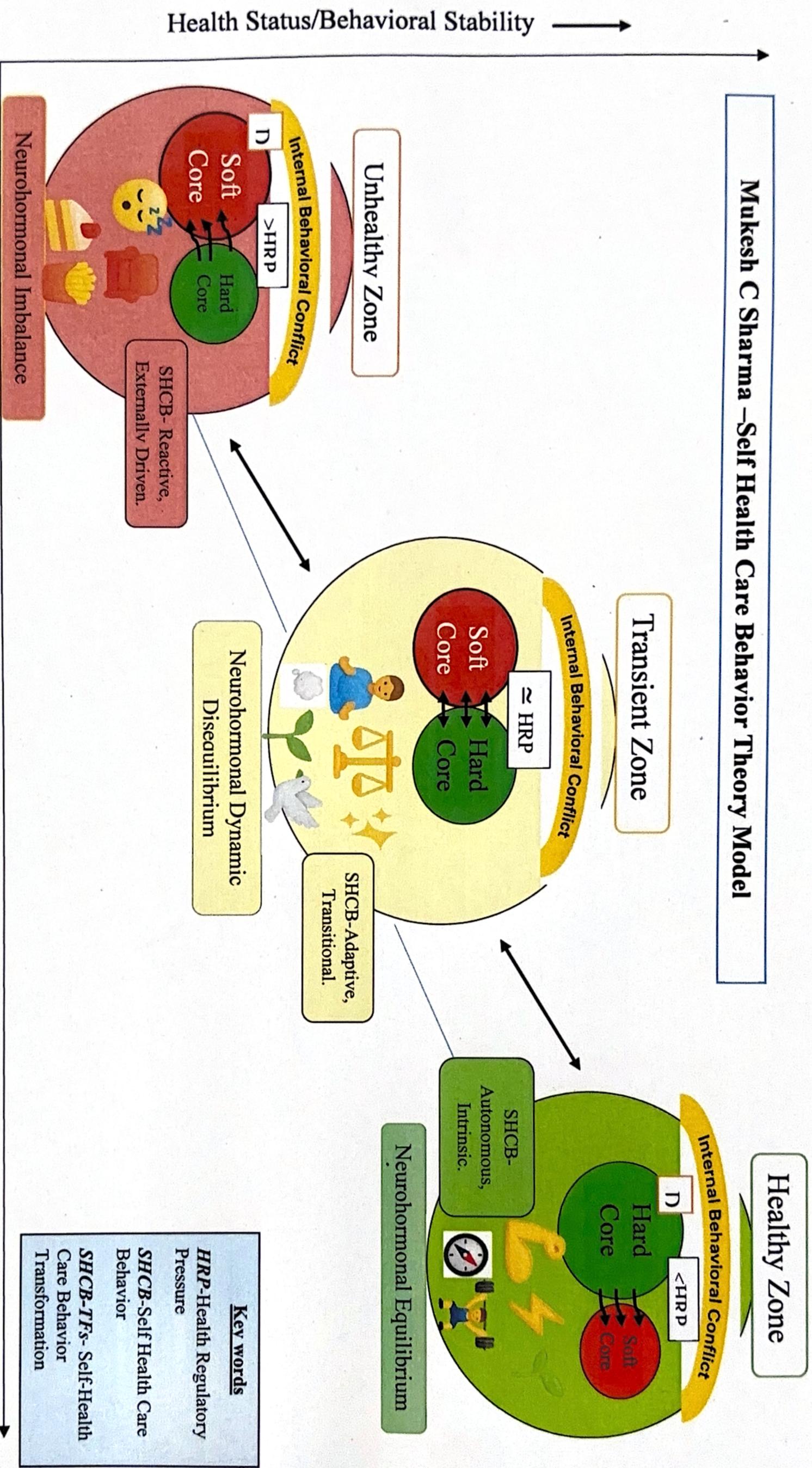


# Mukesh C Sharma – Self Health Care Behavior Theory Model



\*SHCB-TFs Role- Identify current stage and tailor intervention

**Key words**  
 HRP-Health Regulatory Pressure  
 SHCB-Self Health Care Behavior  
 SHCB-TFs- Self-Health Care Behavior Transformation