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The NIH Science of Behavior Change Program: Transforming the science through a focus on mechanisms of change

Lisbeth Nielsen, Melissa Riddle, Jonathan W. King, Will Aklin, Wen Chen, Dave Clark, Elaine Collier, Susan Czajkowski, Layla Esposito, Rebecca Ferrer, Paige Green, Christine Hunter, Karen Kehl, Rosalind King, Lisa Onken, Janine Simmons, Luke Stoeckel, Catherine Stoney, Lois Tully, Wendy Weber

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Authors: The NIH Science of Behavior Change Implementation Team

Lisbeth Nielsen (NIA), Melissa Riddle (NIDCR), Jonathan W. King (NIA) and the NIH Science of Behavior Change Implementation Team: Will Aklin (NIDA), Wen Chen (NCCIH), Dave Clark (NIDCR), Elaine Collier (NCATS), Susan Czajkowski (NCI), Layla Esposito (NICHD), Rebecca Ferrer (NCI), Paige Green (NCI), Christine Hunter (NIDDK), Karen Kehl (NINR), Rosalind King (NICHD), Lisa Onken (NIA), Janine Simmons (NIMH), Luke Stoeckel (NIDDK), Catherine Stoney (NHLBI), Lois Tully (NINR), Wendy Weber (NCCIH)

Corresponding Author: Lisbeth Nielsen, Ph.D., Division of Behavioral and Social Research, National Institute on Aging, National Institutes of Health, 7201 Wisconsin Ave. Suite 3S600, Bethesda, MD 20892-9205, Phone: 301-402-4156; Fax: 301-402-0051; Email: nielsenli@nia.nih.gov

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