What characteristics are associated with the willingness (or ability) to change one’s behavior for the better, and what interventions show the most promise for helping them?

Opioids, Addiction, and the Promise of Psychological Intervention

Can psychological science provide safer approaches to managing chronic pain and overcoming addiction?
The Emerging Science of Suicide Prevention

Advances in assessment and intervention could help tip the scale toward survival, one life at a time.

Behavior Change and Science Communication: Same Planet, Worlds Apart

Research credentials won’t resonate with science sceptics. What can we learn from public relations?

The Subversive Nonchalance of Small Changes

Policymakers see promise in “nudges,” norms, habit formation, and other policies centered around self-determination?

Up-and-Coming Voices: The Science of Behavior Change
Previews of relevant research by students and early-career scientists.