Methods Description

Negotiating Neuroliberalism: Changing Behaviours, Values and Beliefs.

*Outline of project:*

This project had two primary goals:

1. To explore the emerging impacts of the behavioural sciences on the design and implementation of public policies through the world;
2. To explore, through the use of behavioural training trials, the extent to which it is be possible to develop forms of behaviour change that empower those who are subject to related policies.

In relation to the first goal, a series of in-depth interviews were carried our with policy experts and entrepreneurs from around the world.

In relation to the second objective, two behaviour change training trials were conducted with policy-makers. These trials explored the potential role of mindfulness training and critical behavioural learning in supporting the development of policies for behavioural empowerment.

*Methods associated with Project.*

The project utilized two main methods of inquiry. First, in-depth semi-structured interviews were used to explore policy developments with policy makers and entrepreneurs, and to explore the impact of the mindfulness-based behaviour change trials with selected participants.

Second, a pre- and post- programme surveyed was used to explore the impact of the mindfulness-based behaviour change trials with participants.