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Lifestyle change in adults with intellectual disabilities

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Lifestyle change in adults with intellectual disabilities

Use and effectiveness of behaviour change techniques

Mariël Willems-Jongsma

The work presented in this thesis was performed at the Research Group Healthy Ageing, Allied Health Care and Nursing, Hanze University of Applied Sciences, Groningen, the Netherlands, at the Research Institute SHARE of the Groningen Graduate School of Medical Sciences of the University Medical Center Groningen, University of Groningen, the Netherlands.

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Use and effectiveness of BCTs

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