

Table 18
Individual
interventions

• Individual interventions are those that are targeted at one person or group of people.
• They are often aimed at changing behaviour or attitudes.
• Examples include: self-help groups, cognitive-behavioural therapy, and individual coaching.

Table 19
Group-based
interventions

• Group-based interventions involve multiple individuals who share common goals or characteristics.
• They can be delivered in various settings such as community centres, workplaces, or online.
• Examples include: support groups, group coaching, and team-building exercises.