**Learning Outcome 4: Understand how to apply models of behaviour change in a brief intervention or conversation with an individual around vaccination programmes**

**Case Study 1**

Sophie is 24 and is looking to start a family with her long-term boyfriend in the coming months, after they have spent some time travelling together.

She had booked an appointment at her GP surgery for a number of top-up vaccinations, but has recently seen a number of social media posts suggesting that vaccines can be harmful to fertility. Sophie was conceived via IVF and whilst she has no reason to be concerned about her own ability to conceive, she is worried that her genetics might already be a risk to her chances of getting pregnant.

Sophie has cancelled her appointment with her GP. She feels confused and overwhelmed by the situation and doesn’t trust herself to make the right decision, so is trying her best not to think about the situation.