2016-2017

Theories and models for health behaviour

Semester B

Time: Thursdays, 10.15-11.45

Room: main building, 719

Instructor: Sharon Sznitman

Office Hours: Wednesday, Room 5021, 04 8288604

Course Type: Lecture

Course Level: MPH

Pre-Requisites: none

Course Overview:

This course provides students with an introduction to the psychosocial determinants of behavioral risk and protective factors that affect health behavior. During this course we will discuss these determinants within theories and models of health-related behavior. More specifically we will focus on the following areas:

1. The major psychosocial models and theories used in the field of health promotion
2. The role of psychosocial factors in predicting a range of health-related behaviors
3. Using psychosocial models and concepts to develop a conceptual framework of health behavior change;
4. Using psychosocial factors to inform health promotion interventions.
This knowledge is considered critical to the development of effective health promotion programs. Achieving the course learning objectives will help students develop a greater proficiency in each of these aspects.

**Topics:**

1. What is a model/theory

2. How do we measure health behavior

3. Individual models of health behavior

4. Interpersonal models of health behavior

5. Community/ecological models of health behavior

**At the end of the course students will be able to:**

1. Identify basic theories, concepts and models from a range of social and behavioral disciplines that are used in health promotion research and practice

2. Apply evidence-based approaches in the development and evaluation of health promotion interventions

3. Describe the merits of social and behavioral science interventions and policies

4. Identify the causes of social and behavioral factors that affect health of individuals and populations

**Requirements:**

Attendance, Exam, Homework assignments, Class presentations

**Grading:**

Exam: 50%

Class presentation: 50%
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<th>Topic</th>
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<td>1</td>
<td>Introduction, different causes of health and disease</td>
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<tr>
<td>2 16.3.17</td>
<td>2</td>
<td>Measuring health and health behaviors</td>
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<tr>
<td>3 23.3.17</td>
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<td>Continuation from last lecture</td>
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<tr>
<td>4 30.3.17</td>
<td>3, 17, 20</td>
<td>What is a theory, what is a model and why/how do we use them?</td>
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<td>5 6.4.17</td>
<td>7, 13</td>
<td>Individual model: Health belief model</td>
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<td>6 20.4.17</td>
<td>9, 14</td>
<td>Individual model: Theory of reasoned action/ Planned behavior/Integrative Model</td>
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<td>7 27.4.17</td>
<td>5</td>
<td>Individual model: Stages of change/Transtheoretical model</td>
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<td>8 4.5.17</td>
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<td>Interpersonal model: Social cognitive theory</td>
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<td>Interpersonal model: self-efficacy</td>
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<td>12 1.6.17</td>
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<td>Social model: The nudge – choice architecture</td>
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<td>14 15.6.17</td>
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<td>Social model: ecological model</td>
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**General references**

Faculty of Social Welfare & Health Sciences  
School of Public Health