

University of Maryland, College Park

Department of Public and Community Health

HLTH 666: Health Behavior II

Instructor: Professor Robert H. Feldman, Ph.D.
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Semester: **Spring 2003**
Classroom/Time: HHP 0301/Wednesday, 4:00-6:30 p.m.

OFFICE HOURS
Monday, 10:00-12:00; 2:00-3:00
Wednesday, 10:00-12:00; 2:00-3:00
By appointment

Course Description	<i>The purpose of the course is to provide the student with an advanced examination of health behavior theories. This includes (1) in-depth analyses of health behavior theories, (2) integration of health behavior theories, (3) application of health behavior theories, and (4) examination of new health behavior theories.</i>
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Course Objectives	<u>At the conclusion of this course, the student will be able to:</u> <ol style="list-style-type: none">1. describe in-depth major health behavior theories2. explain the strengths of each theory3. explain the weaknesses of each theory4. analyze and evaluate health behavior theories5. apply each theory to a health issue6. integrate health behavior theories
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<p>Course Policies</p>	<p><u>Accommodations for students with disabilities:</u> If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, please talk to me as soon as possible. You will need documentation from Disability Support Service (314-7682.) If you intend to take any or all exams at DSS it is your responsibility to notify me as soon as possible.</p> <p><u>Academic Integrity:</u> The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:</p> <ul style="list-style-type: none"> ✓ CHEATING : intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise. ✓ FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise. ✓ FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code. ✓ PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise. <p>For more information see: http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html</p> <p><u>Religious Observances:</u> The University System of Maryland policy provides that students <i>should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances.</i> It is the student's responsibility to inform the instructor <u>in advance</u> of any intended absences for religious observance.</p>
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Course Outline

1. Jan 29	What are theories
2. Feb 5	Transtheoretical Model
3. Feb 12	Theories and definitions
4. Feb 19	Health Belief Model
5. Feb 26	Theories and interventions
6. Mar 5	Theories of Reasoned Action and Planned Behavior
7. Mar 12	Social cognitive theory/Self-efficacy
8. Mar 19	Social support
Mar 26	SPRING BREAK
9. Apr 2	Health Locus of Control
10. Apr 9	Cultural theories
11. Apr 16	Social ecological theory
12. Apr 23	Feminist theory
13. Apr 30	Risk perception theories
14. May 7	Other theories
15. May 14	Integration of theories

Evaluation	Grading
Paper due May 14* Examination May 21	Acceptable papers and examinations will be receive a grade of “A”. Unacceptable papers and examinations will receive an “I” until they are acceptable.

*The student is required to submit a health behavior research proposal by May 14, 2003. The proposal should examine a health behavior issue from two theoretical perspectives.

CHES Graduate Competencies Met

- I.B. Distinguish between behaviors that foster and those that hinder well-being.
- VIIA. Interpret concepts, purposes, and theories of health education.
- VIII. Applying appropriate research principles and methods in health education.

Others:

- 1. Assess health behavior theories
- 2. Apply health behavior theories.

Health Behavior Journals

American Journal of Health Behavior
American Journal of Health Promotion
American Journal of Public Health
Annals of Behavioral Medicine
Journal of Health Education
Health Education & Behavior
Health Education Research
Health Psychology
International Journal of Health Education
Journal of Behavioral Medicine
Journal of Health and Social Behavior
Journal of Health Behavior, Education and Promotion
Journal of Health Psychology
Journal of Occupational Health Psychology
Journal of School Health
Medical Care
Psychology and Health
Social Sciences and Medicine

Readings

Transtheoretical Model

Feldman, RHL, Damron, D, Anliker, J, Ballesteros, M, Langenberg, P, DiClemente, C, and Havas, S. (2000). The effect of the Maryland WIC 5-A-Day Promotion Program on participants' stages of change for fruit and vegetable consumption. Health Education & Behavior, 27(5), 649-663.

Wallace, LS (2003). Correlates of lifetime physical activity in young women. American Journal of Health Education, 34(1), 41-46.

Marshall, SJ and Biddle, SJH (2001). The Transtheoretical model of behavior change: A meta-analysis of applications to physical activity and exercise. Annals of Behavioral Medicine, 23(4), 229-246.

www.uri.edu/research/cprc/transtheoretical.htm