



Changing health-related behaviors requires **two separate processes** that involve **motivation** and **volition**, respectively.

First, an **intention to change** is developed, in part on the basis of self-beliefs. Second, the change must be **planned, initiated, and maintained**, and **relapses** must be managed; self-regulation plays a critical role in these processes.

Social-cognition models of health behavior change should address these two processes. One such model, the

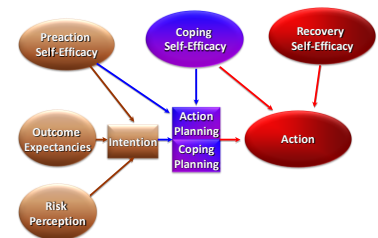
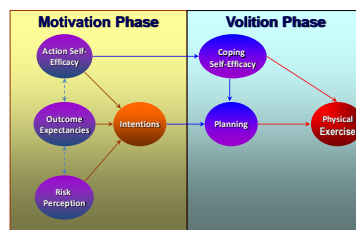
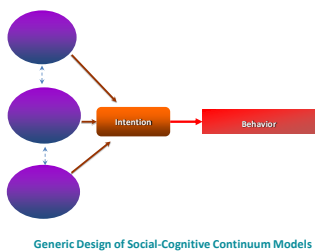
Health Action Process Approach, is explicitly based on the assumption that two distinct phases need to be studied longitudinally:

one phase that leads to a behavioral intention and

the other one that leads to the actual behavior.

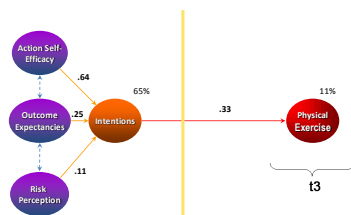
Particular social-cognitive variables may play different roles in the two stages; perceived self-efficacy is the only predictor that seems to be equally important in the two phases.

HAPA as a Continuum Model

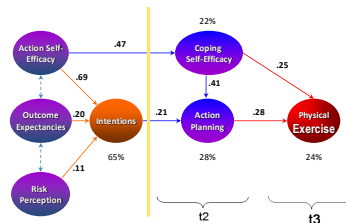


Health Action Process Approach

Health Action Process Approach (HAPA) - Physical Exercise in Cardiac Rehabilitation Patients (Sniehotta, Scholz & Schwarzer, 2005)



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HAPA as a Stage Model

How does it
work?
Mediator
Models

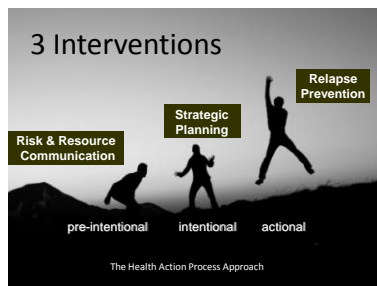
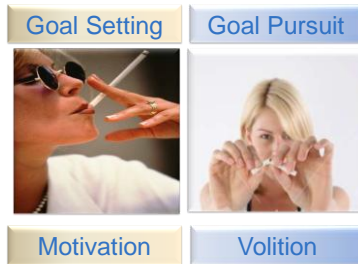


To explain and predict

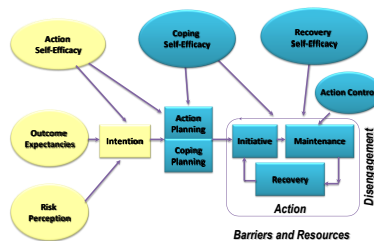
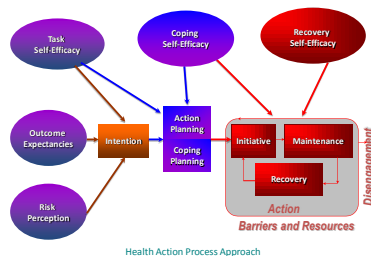
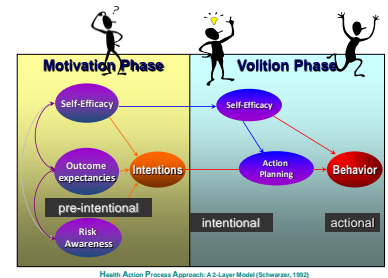
For whom does it
work?
Moderator Models



To treat



HAPA is a
two-layer model: The
continuum version is
good for analyses and
predictions, the stage
version is good for
interventions



Examples of some
Constructs and Items

Assessment of Risk Perception

My risk of getting lung cancer is

very low ---- low ---- high ---- very high

compared to the average person
of my age and sex.

Behavioral Beliefs

Positive outcome expectancies = Pros

Negative outcome expectancies = Cons

Anticipated regret = neg. outcome exp.

Subjective norms = social outcome exp.

Positive Outcome Expectancy

If I conduct more exercise,
then my blood pressure will be
lowered.

Negative Outcome Expectancy

If I conduct more exercise,
then I have to invest more
time and money.

Perceived self-efficacy

facilitates

- goal-setting,
- effort investment,
- persistence in face of barriers
- recovery from setbacks.

The construct of Perceived Self-Efficacy

- competence-based
- prospective
- operative (behavioral)

"Self-efficacy is

the *belief* in one's capabilities to
organize and execute the sources of
action required

to manage *prospective* situations."

Bandura, 1996

How can we

best describe the influence of
perceived self-efficacy within the
health behavior change process ?

Perceived self-efficacy:

may be even
more influential in the volitional
phase of health behavior change
than in the motivational phase.

Motivational (Task) Self-Efficacy

Please think about the first days after the rehabilitation.
How confident are you that you can *start* with more physical activity in your familiar surroundings?

I am confident that I can start engaging in physical activities immediately, ...	not at all true	hardly true	moderately true	exactly true
... even when I have to pull myself together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... even when I have to force myself to start doing this right now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Volitional (Coping) Self-Efficacy

After having started engaging in physical activity, it is important to maintain this behaviour on a long-term basis.
How confident are you that you can succeed in doing so?

I am confident to engage in physical activity regularly on a long-term basis,...	not at all true	hardly true	moderately true	exactly true
... even when I cannot see any positive changes immediately.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... even when it takes a long time to become part of my daily routine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Recovery Self-Efficacy

In spite of good intentions minor or major setbacks might occur.
Imagine you have not been exercising for a while.
How certain are you that you will be able to resume your physical activity after such a break?

I am confident that I can restart engaging in physical activity again, ...	not at all true	hardly true	moderately true	exactly true
... even when I haven't engaged in physical activity for several times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... even when I wasn't able to pull myself together on one occasion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Nutrition Intention

(a) "I intend to eat as little fat as possible (such as avoid fat meat, cheese, etc.)."

(b) "I intend to eat healthy foods as much as possible."

($r = .48$).

Physical Activity Intention

I intend to perform the following activities for at least 5 days per week for 30 minutes..."

- (1) ...strenuous (heart beats rapidly, sweating) physical activity.
- (2) ...moderate (not exhausting, light perspiration) physical activity.

Intercorrelation of the two items ($r = .21$).

Action Planning

(Implementation Intentions)

Translating intentions into action:

- ☒ **when** will I act?
- ☒ **where** will I act?
- ☒ **how** will I act?

Greenwald, Singer & Jones (1985) questionnaire p. 14 (1985)

Assessment of Action Planning

I have made a detailed plan regarding...	not at all true	hardly true	moderately true	exactly true
... when to exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... where to exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... how to exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... how often to exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bratton & Schell, 2002

Coping Planning

- ☒ **anticipation** of barriers and obstacles
- ☒ **preparation** of coping strategies
- ☒ **mental simulation** of successful **coping**

Bratton & Schell & Schwartz, 2002

Assessment of Coping Planning

I have made a detailed plan regarding...	not at all true	hardly true	moderately true	exactly true
... what to do if something interferes with my plans.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... how to cope with setbacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... how to stick to my intentions, even in difficult situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... which good opportunities for action to take.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... when to be especially careful in order to avoid setbacks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bratton & Schell, 2002

Action Plans: Which kind of physical activity would you like to perform?

Activity 1	<input type="text" value="running"/>	→	Activity 1	<input type="text" value="running"/>
Activity 2	<input type="text" value="swimming"/>		When?	<input type="text" value="even"/>
Activity 3	<input type="text" value="aerobics"/>		Where?	<input type="text" value="in the park"/>
			How long?	<input type="text" value="30 minutes"/>

Coping Plans: Which barrier might prevent you from being active at least 2 x 20 minutes per week?

Barrier 1	<input type="text" value="rain"/>	→	How could you overcome this barrier?	
Barrier 2	<input type="text" value="guests"/>		Barrier 1	<input type="text" value="rain"/>
Barrier 3	<input type="text" value="being tired"/>		Strategy 1	<input type="text" value="go swimming"/>

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Health Action Process Approach

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