

SEMINAR PROGRAM: Intervention to Change Multiple Health Behaviors - Compensatory Health Beliefs, Carry-Over Effects and Lifestyle Changes (12 621) *last update: 17.3.2011*

To have the highest impact on health, changing many behaviors at the same time and in concert with each other is imperative. Such lifestyle changes consist of altering *different behaviors* or *different behavioral aspects*. Intervention to improve healthy lifestyle and multiple health behaviors can be found frequently in practice. However, rather few systematic evaluations and analyses of mechanisms exist. This seminar will start with reviewing theoretical assumptions of mechanisms. Translating these into intervention designs will follow. Finally, systematic evaluations of self-designed and existing programs will be done with special emphasis on best practice testing and evaluation of mechanisms.

*All papers cited in the following have to be read PRIOR to the sessions (i.e., prior to Thursday, 5.5.2011!)*

Thursday, 05.05., 12.00-20.00 -JK 25/208

*Multiple behavior change and the Compensatory Health Beliefs Model*

12-14: Knäuper et al. (2004). Compensatory health beliefs: scale development and psychometric properties.

16-18: Rabiau, Knauper & Miquelon (2006). The compensatory health beliefs model.

18-20: de Nooijer, Puijk-Hekman & van Assema (2009). The compensatory health beliefs scale: Psychometric properties of a cross-culturally adapted scale for use in The Netherlands.

Friday, 06.05., 08.00-18.00 -JK 25/208

*Compensatory Cognitions and Intervention effects*

08-10: Rabiau, Knäuper, Nguyen, Sufrategui & Polychronakos (2009). Compensatory beliefs about glucose testing are associated with low adherence to treatment and poor metabolic control in adolescents with type 1 diabetes

10-12: Radtke et al. (2011). Smoking-specific Compensatory Health Beliefs and the readiness to stop smoking in adolescents.

14-16: Wammes, Breedveld, Kremers & Brug (2006). The "balance intervention" for promoting caloric compensatory behaviors in response to overeating

16-18: Kronick & Knäuper, (2010). Temptations elicit compensatory intentions.

Saturday, 07.05., 08.00-18.00 -JK 25/208

*Multiple behavior change and transfer*

08-10: Lippke, Nigg & Maddock (in press). Multiple behavior change clusters into health-promoting behaviors and health-risk behaviors

10-12: Barnett & Ceci SJ. (2002). When and where do we apply what we learn? A taxonomy for far transfer.

14-16: Mata et al. (2009). Motivational "spill-over" during weight control: Increased self-determination and exercise intrinsic motivation predict eating self-regulation.

16-18: Weinstock, Barry & Petry (2008). Exercise-related activities are associated with positive outcome in contingency management treatment for substance use disorders.

Sunday, 08.05., 08.00-18.00 – room will be announced Saturday, 07.05..

08-10: Analyzing Data Set regarding Compensatory Cognitions with SPSS

10-12: Analyzing Data Set regarding Compensatory Cognitions with Macro

14-16: Analyzing Data Set regarding Transfer with AMOS

16-18: Presentation of Results and Final Discussion