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.

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.

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.

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