

Epi 246 Session 2-September 25, 2014
Theories Focused on Interpersonal Health Behavior and Behavior Change and
Health Communication
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Case study: Rebecca Sudore MD

LEARNING OBJECTIVES. Participants will be able to:

1. Understand concepts related to the Social Cognitive Theory, Information-Motivation-Behavioral skills (IMB) model, and theories and models related to patient-provider health communication.
2. Apply a theoretical approach to health behavior/health behavior change focusing on inter-personal-factors.
3. See how specific interventions for health behavior change have been informed by these theories.

THEORIES or FRAMEWORKS Introduced:

◇ Social Cognitive Theory, Health Communication Models, Stages of Change Theory

STRONGLY Recommended Reading List

Theory at a Glance. pp 15-16, 19-22.

Trans-theoretical Model – youtube - <https://www.youtube.com/watch?v=oO80XyBDrl0> (6 min)

CASE STUDY:

Street R, Slee C, Kalauokalami D, et al. Improving physician-patient communication about cancer pain with a tailored education-coaching intervention. Patient Ed and Counseling, 2009.

Sudore R, Knight M. McMahan R et al. A Novel Website to Prepare Diverse Older Adults for Decision Making and Advance Care Planning: A Pilot Study. J of Pain and Symptom Management 2013.

Additional Reading (optional):

Health Education and Behavior – Chapters 8 (SCT), 11(review of clinician-patient communication), 12 (perspectives on models of interpersonal behavior)

Cameron KA. A practitioner's guide to persuasion: an overview of 15 selected persuasion theories, models and frameworks. Patient Ed and Counsel 2009. 74: 309-317.

Lopez LM, Tolley EE, Grimes DA, Chen M, Stockton L. Theory-Based interventions for contraception (review).Cochrane Collaboration, 2013

Kravitz R, Tancredi DJ, Street RL et al. Cancer health empowerment for living with pain (CA-HELP). Study design and rationale for a tailored education and coaching intervention to enhance care of cancer-related pain. BMC Cancer,2009. 9:319-329.

Neuhauer L, et al. Using design science and artificial intelligence to improve health communication: ChronologyMD case example.Patient Education and Counseling.Volume 92, Issue 2, August 2013, Pages 211–217

Prochaska lecture on TTM- <https://www.youtube.com/watch?v=8XUaq2iqzA0>

Homework Week 2

1. Apply the social cognitive theory or stages of change theory to your work and create a conceptual model as presented in the readings and examples from class. Why or why not, would you use this in your current or planned work?
2. Which aspects of the health communication models/theories can be adapted to your area of interest? Be specific. Provide a detailed example that includes model constructs that incorporate both an individualistic view, and one that takes more into account structural and environmental factors.
3. Describe the use of theory in each of the case studies. Where does it fit on the continuum discussed in lecture 1?