

**THEORIES OF HEALTH BEHAVIOR AND
PRACTICE IN HEALTH EDUCATION**
HSC 6603 (section 2707)

Fall Semester - 2008
Mondays - 4:05 to 7:05 p.m.

**FLG -
Room 265**

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Office Hours: Mondays 11:00 - 4:00 p.m. (appointments are welcome)

Catalog Description: Selected health behavior theories and application of these theories to practice of health education and health promotion.

Instructor Description: The purpose of this course is to introduce the student to contemporary perspectives on health behavior. A critical analysis will be conducted of the major theories and the research that supports them. An emphasis will be placed on the measurement of theoretical constructs. Completion of the course should assist students with developing a thesis or dissertation proposal.

Course Objectives

Upon completion of the course, students will have:

- 1) developed an in-depth understanding of prominent health behavior theories and models;
- 2) analyzed health behavior from a variety of theoretical perspectives;
- 3) analyzed controversial public health issues using theory;
- 4) critically evaluated the utility of theory as a basis for effective practice.

Texts

Glanz, K., Rimer, B.K., & Lewis, F.M. (2002). Health Behavior and Health Education: Theory, Research, and Practice (3rd edition). San Francisco: Jossey-Bass.

Thombs, D.L. (2006). Introduction to Addictive Behaviors (3rd edition). New York: The Guilford Press.

Course Outline

Week of:

August 25th Overview of course and the field of health behavior. *Readings:* Chapters 1 & 2 in Glanz et al. and Chapter 1 in Thombs. Students identify a health behavior to study (term paper).

Week of:

September 1st Labor Day observance - no class on Monday.

Week of:

September 8th The Health Belief Model and the Disease Models of Addiction.

- Readings:* Chapter 3 in Glanz et al.
- Week of:
September 15th Disease Models of Addiction. *Readings:* Chapter 2 in Thombs.
- Week of:
September 22nd.....Disease Models of Addiction. *Readings:* Chapter 8 in Glanz et al. and Chapter 7 in Thombs.
- Week of:
September 29th..... Social Cognitive Theory. *Readings:* Chapter 4 in Glanz et al. and Chapter 5 in Thombs.
- Week of:
October 6th..... Theory of Planned Behavior and Psychoanalytic Formulations. *Readings:* Chapter 6 in Glanz et al.
- Week of:
October 13thPrecaution Adoption Process Model and Conditioning Models of Substance Use and Abuse. *Readings:* Chapter 6 in Thombs.
Students begin collecting data.
- October 13th Exam One. The test will cover Chapters, 1, 2, 3, 4, 6, & 8 in Glanz et al. and Chapters 1, 2, 5, 6, & 7 in Thombs as well as material covered in class. Class will be held after the exam.**
- Week of:
October 20th Social Support Frameworks. *Readings:* Chapter 9 in Glanz et al. Students complete data collection.
- Week of:
October 27th..... Public Health and Community Building Approaches. *Readings:* Chapter 3 in Thombs and Chapter 13 in Glanz et al. Students are analyzing data.
- Week of:
November 3rd..... Diffusion of Innovation Theory. *Readings:* Chapter 14 in Glanz et al. Students are analyzing data.
- Week of:
November 10th..... Theories of Organizational and Family Change. *Readings:* Chapter 15 and in Glanz et al. and Chapter 8 in Thombs. Students are preparing their presentation.
- Week of:
November 17th..... Ecological Models. *Readings:* Chapter 20 in Glanz et al. Students are preparing their presentation.
- Week of:
November 24th..... Social and Cultural Foundations of Substance Abuse. *Readings:* Chapter 9 in Thombs. Students are making 25-minute class presentations.
- Week of:
December 1st..... Motivation to Change Theory. *Readings:* Chapter 5 in Glanz et al. and Chapter 10 in Thombs. Students are making 25-minute class presentations.
- December 1st Term paper due.**
- December 8th Exam Two (Monday, 3:00-5:00 p.m.). The test will cover Chapters 5, 9, 13, 14, 15, & 20 in Glanz et al. and Chapters 3, 8, 9, & 10 in Thombs as well as material covered in class.**

Student Evaluation

Final grades will be based on your performance on two objective tests (multiple choice & true-false questions) and a term paper (details provided below). Each exam will represent 34% of your final grade. The paper score will comprise the remaining 32% of your final grade. There is no comprehensive exam. Because I believe it is unfair to students who do not request such work, there will be no opportunities for “extra-credit.”

If you find yourself having difficulty with the course content, the readings, the presentation, or my lectures, please see me early in the semester. Though I want to challenge you, it is important to me that you succeed and have a positive experience in the course. I am very willing to spend time with you outside of class.

Attendance

Missed classes will increase the burden of the course. Graduate students should attend every scheduled class unless they have another pressing professional responsibility or emergency. If you must miss a class, it will be your responsibility to obtain notes and materials from a student in the class.

Assistance Outside of Class

Students are expected to frequently seek my assistance outside of class (beginning early in the semester). Please do not procrastinate or wait until the end of the course to ask for help.

Paper Guidelines and Criteria for Evaluation

Purpose: The purpose of this 8-page term paper is to provide you with an opportunity to critically examine the scientific literature on a health or risk behavior within a theoretical context. The paper should be seen as a critical review of the existing research literature. You should be selective in choosing primary sources to cite. In evaluating a published paper, you should consider the stature of the peer-reviewed journal in which it appears, the target readership of the publication, the research methods employed in the study, the type of data analyses used, the year of publication, and so forth. If you have questions about the quality of a study, it would be wise to show me a copy of the article. In evaluating your term paper, I will examine the quality of the research you cite.

Approach and Style: For this project, it is appropriate to be concise and to express your self with precision and clarity. This is not a creative writing project. Rather, your writing should demonstrate your ability to organize a literature review and arrive at a set of conclusions based on existing evidence (not your personal opinion). It is unnecessary to use quotes in your paper. If you choose to do so, it should be kept to a minimum (once, if at all).

Organization: The paper should be sub-divided by the following four headings (in bold font):

1) **Significance** – why does the health or risk behavior have a significant influence on public health? What is known about the prevalence of the health or risk behavior? (1-2 pages)

2) **Theory and Methods** - review the theories AND methods that have been used to study the health or risk behavior. (1 page)

- 3) **Findings** - review the findings in a theoretical context. What are the associations between theoretical constructs and the health or risk behavior? (4 pages)
- 4) **Gaps in the Knowledge Base** – what are the issues that are not well understood or not well-documented? (1 page)
- 5) **Implications** – what are the implications for clinical practice, preventive interventions, and/or public health and safety policy? (1 page)
- 6) **References** – in most cases, you should rely on at least a dozen empirical (data-based) studies.

Specifications:

- 1) The body of the paper can be no more than 8 pages in length. You will be penalized for exceeding this limit.
- 2) Use Arial 11-point font throughout.
- 3) All margins must be one-inch on plain white paper.
- 4) Create a title page which includes name of the course, your name, my name, and due date. This page does not count toward the 8-page limit.
- 5) The pages should be consecutively numbered, beginning with the title page. The page number should be in the upper right corner. Use only the number – not “Page 1” or “p.1.”
- 6) The paper should be bound by a single staple (no folders).
- 7) First person usage (“I,” “my,” etc.) and the use of contractions (“don’t,” etc.) are not acceptable.
- 8) APA style should be used for citing literature in the text and creating a list of references at the end of the paper.

Due Date: The paper is due on December 1, 2008. You may turn the paper sooner. I will be happy to give you feedback on preliminary typed sections or drafts of the paper if submitted to me prior to November 17, 2008.

Please note: In grading term papers, I do not separate the quality of the writing (spelling, grammar, sentence structure, paragraph development, etc.) from the content of the paper.