

Presentation Notes

What are some reasons to think about theories and models?

Socioecological Model:

Policy:

Community:

Organizational:

Interpersonal:

Individual:



Key Questions:

1. What makes it hard to do what I want to do at each level?
2. What makes it easier to do what I want to do at each level?

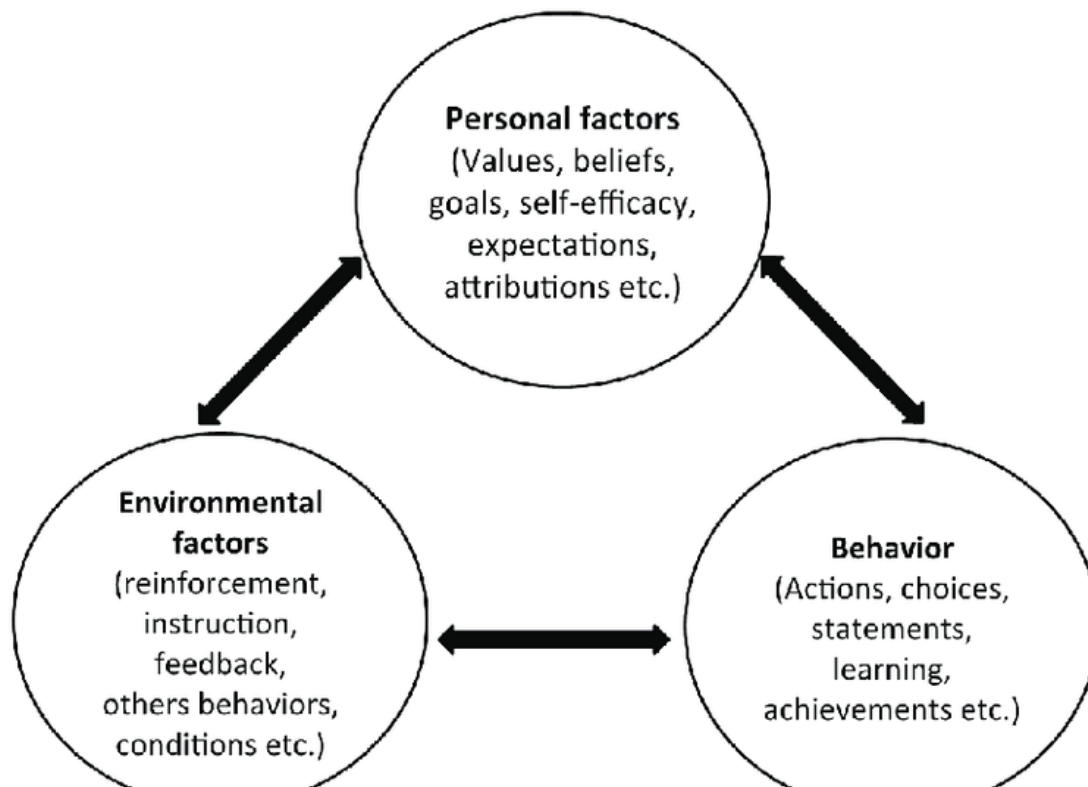
3. What can I do to address the hard parts or use the helpful parts?

Social Cognitive Theory (SCT)

Personal factors <--> Environmental factors <--> Behavior <-->

“People with particular _____, _____, _____, and needs functioning in given social and physical _____, will engage in behavior(s) that will influence _____.”

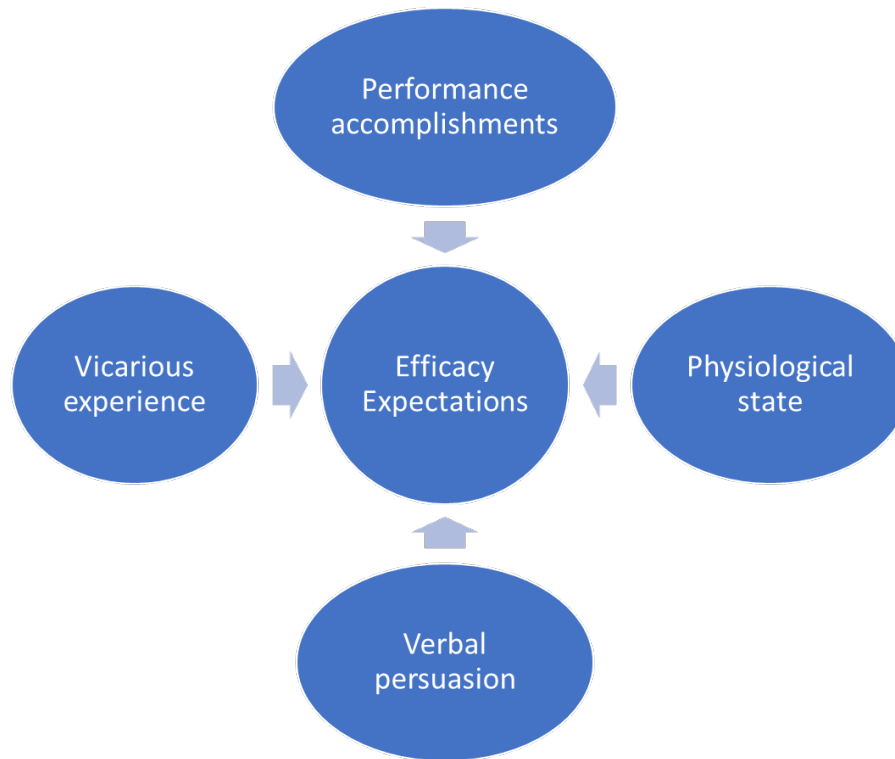
Change in behavior is a function of:



Key Questions:

1. What things about me help me do the behavior?
2. What things around me help me do the behavior? (Like being with others or having a coach)
3. How can I change my space to help me do better?

Self-efficacy is:



Key Questions about Efficacy Expectations:

1. What accomplishments make me feel confident that I can do something? What small goals can I make to give myself more chances to accomplish a larger goal?
2. What feelings, thoughts, or moods make me feel unsure about being able to do something?
3. Who says supportive things that help me feel confident? What kinds of things do they say?
4. Do stories from people like me help me feel confident?

5. What can I do more often to feel more confident?

Health Belief Model (HBM)

Behavior depends on:

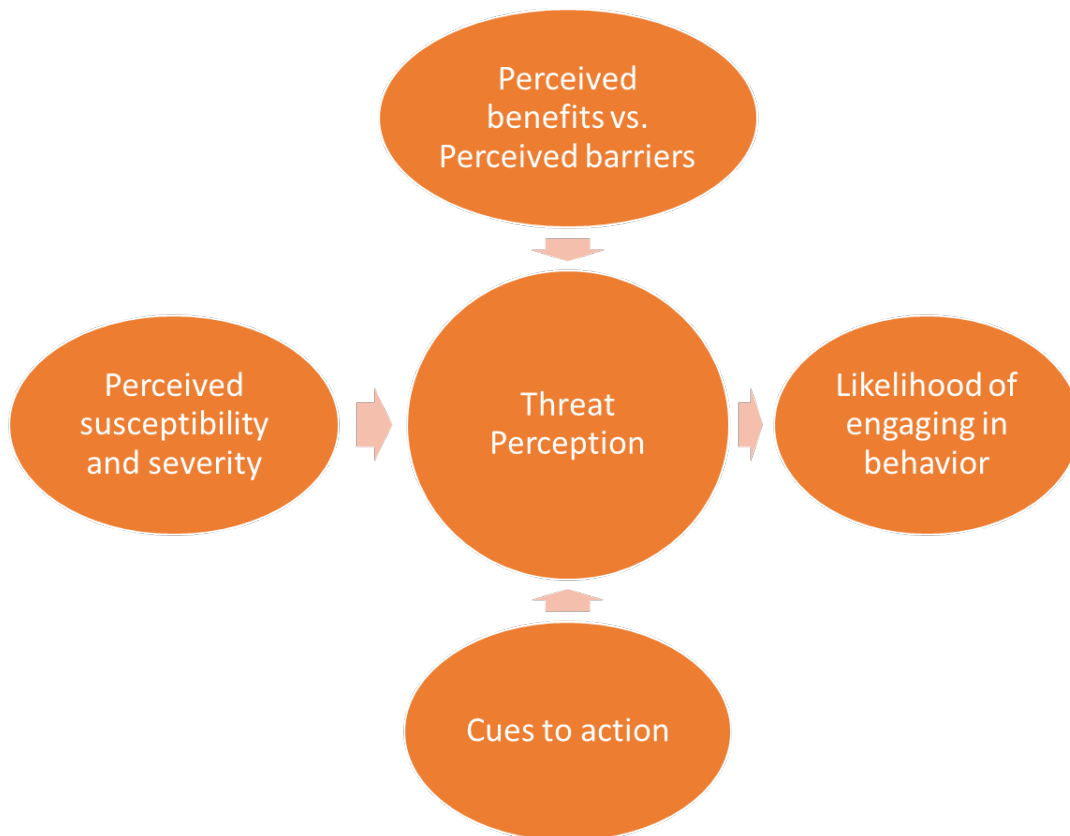
1)

2)

Perceived _____ & _____

Perceived _____ & _____

Cues to _____



Key Questions:

1. What health problem worries me?
2. How likely am I to get it? How bad would it be?
3. What can I do to help?

4. What good things will happen if I do it? What might be hard?
5. What signs around me make me want to try?
6. Is the problem big enough to make me want to change?

Transtheoretical Model also called _____ addresses change while other models can be used to address ongoing behavior.

Stage 1 _____

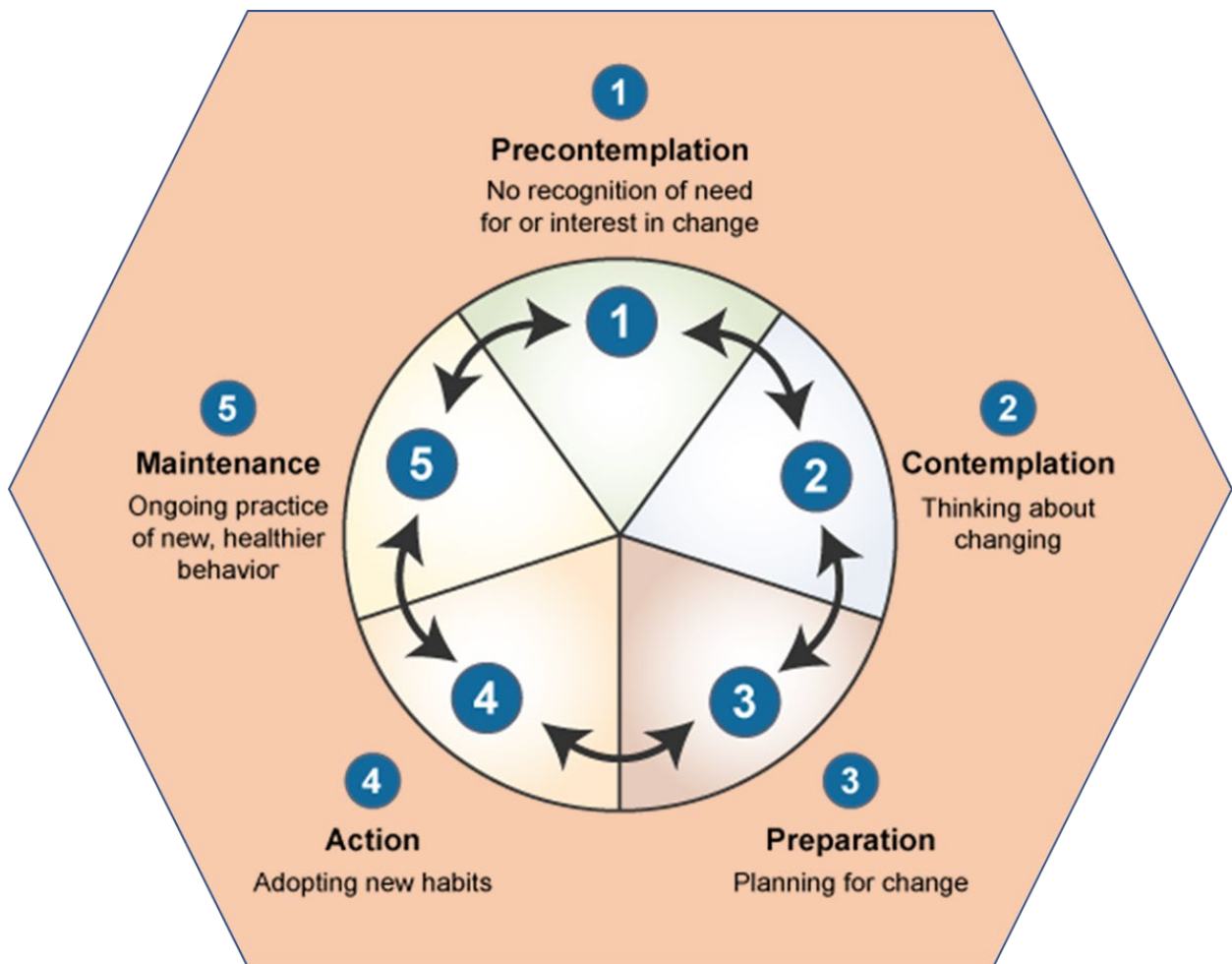
Stage 2 _____

Stage 3 _____

Stage 4 _____

Stage 5 _____

Do people always progress through the stages the same direction? _____



Key Questions:

1. What stage am I in now?
2. What do I need to move forward?

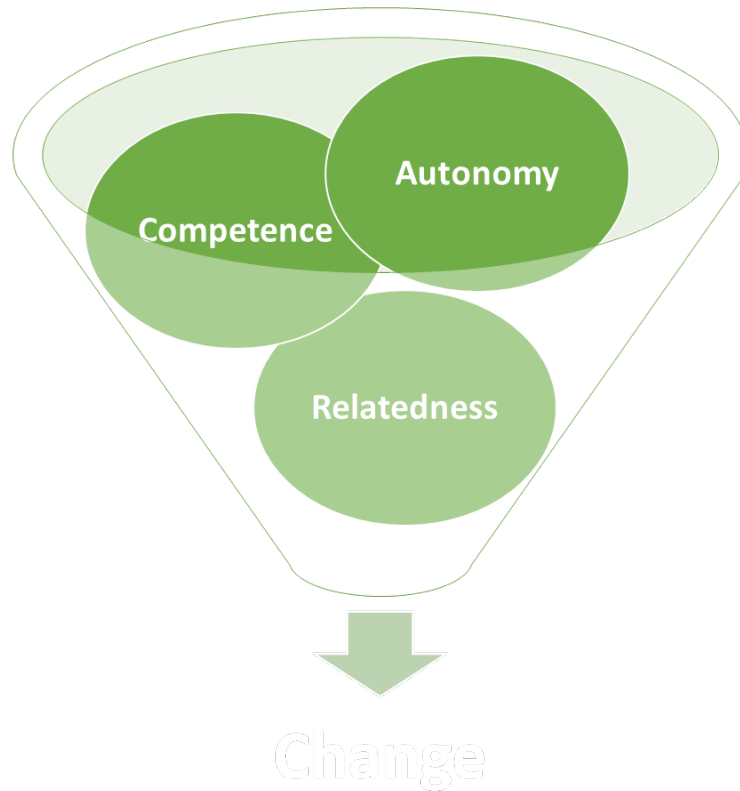
3. What can I do in each stage to help me stick with the change?

Self Determination Theory

Autonomy:

Relatedness:

Competence:



Change

Key Questions:

1. How can I feel like I have choices?
2. What skills do I have? What can I learn?
3. Do I have people helping me? If not, how can I find them?