

Health Behavior Intervention Project

Behavior Review and Plan Development

BACKGROUND 30 points total
Information on the behavior 25 points (500 words max)
<p>Use at least three articles to provide information on the target behavior. At least two of the articles must be <i>peer reviewed</i>. Do NOT quote any material. Paraphrase instead. Look for information on each of the following: a) the behavior's impact on health and wellbeing b) except for face touching – how much is too much and/or how much is too little, and c) interventions and techniques to help increase or decrease the behavior. If necessary, you can find information on interventions and techniques targeting a <i>related</i> behavior. Everyone, make sure you cite your sources in the <u>body</u> of the text. Use APA format.</p> <p><i>Example of citing in the body of the text:</i></p> <p>As part of a controlled intervention for nail biting, Allen (1996) compared the relative effectiveness of mild aversion (i.e. painting a bitter gel onto fingernails) vs. replacement behavior (i.e. clenching an object) vs. a control condition (i.e. doing nothing).</p> <p style="text-align: center;">Or</p> <p>As part of a controlled intervention for nail biting, the relative effectiveness of mild aversion (i.e. painting a bitter gel onto fingernails) vs. replacement behavior (i.e. clenching an object) vs. a control condition (i.e. doing nothing) was compared (Allen, 1996).</p>
REFERENCE LIST IN APA FORMAT 5 points
<p>Look up the rules and/or use one of the many APA full citation generators. I like the one below: https://www.scribbr.com/apa-citation-generator/#/</p> <p><i>Example of a correct reference:</i></p> <p>Allen, K.W. (1996). Chronic nailbiting: a controlled comparison of competing response and mild aversion treatments. <i>Behaviour Research and Therapy</i>, 34(3), 269-272. https://doi.org/10.1016/0005-7967(95)00078-X</p> <p><i>Example of an incorrect reference:</i></p> <p>Allen, K.W. (1996). Chronic nailbiting: A controlled comparison of competing response and mild aversion treatments. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/8881096</p>

A NOTE ON WORD COUNTS I only provide a maximum word count for each section. I hesitate to provide a minimum because some of you can write very concisely and provide all the required information without added fluff. Others may need to write more to express themselves and the required information. Just remember, if you do not provide enough information and/or details, you will not score in the "A" range.

PRE-INTERVENTION OBSERVATION 30 points total

Carefully track the behavior you want to change over a 7-day period. Do NOT make any conscious efforts to change it. You are doing this to establish a baseline and to help plan the intervention. Depending on the behavior you chose, you need to record: when and where the behavior occurred, the amount or frequency of the behavior, what was going on (within you and/or the environment) just before and just after the behavior occurred. Use this information to complete the following field boxes.

ANTECEDENTS: What was going on within you and/or the environment *immediately before* the behavior occurred? **5 points (250 words max)**

Here, you are trying to identify anything that may be triggering or preventing the behavior. Examples: were you tired, bored, hungry, anxious, or excited? Were you driving, watching TV, exercising? Were you alone, with friends, with strangers? Were you at home, at work, or somewhere else?

CONSEQUENCES: What happened *immediately after* the behavior occurred? **5 points (250 words max)**

Here, you are trying to identify anything that might be reinforcing or punishing the behavior. Examples: did you feel better or worse and in what way(s) – mentally and/or physically. Did someone's behavior or something in your immediate environment change? Did you get or lose something tangible or intangible after the behavior occurred?

You will need to upload a graph (use Excel) to chart the baseline behavior. Put days of the week on the x axis and the behavior - amount of soda or water (in oz or ml), # of serving sizes of food/beverages with added sugar, or number of steps taken, number of face touches - on the y axis. (10 points)

According to the Transtheoretical Model, which "stage" do you think you are in and explain why? Hint: take advantage of this information when designing your intervention. 5 points

(200 words max)

Using the results of the BIS-BAS, what did you learn in terms of what motivates you? Hint: take advantage of this information when designing your intervention. 5 points

(200 words max)

The plan 75 points total

What are your **goals for the behavior**? Describe them. **Make sure the goals are specific, realistic, incremental, and measurable.** Decide if you want a goal for each day, an average for each week, or both.

5 points

Daily week 1	
Daily week 2	
Daily week 3	

Identify and describe key factors that might help or hinder the behavior change 30 points

CAPABILITY	OPPORTUNITY	MOTIVATION
Psychological & Physical factors that may be helpful	Environmental and Social factors that may be helpful	Beliefs and Attitudes that may be helpful
What do you know and understand about the behavior and the intervention? Do you have good organization, time management and problem-solving skills? Is your physical health adequate? ETC....	From the micro to the macro level, what is in your physical environment that can help you? Do you have individuals, groups, and institutions that can help you? ETC....	See the health belief model and address all four of the individual perception categories that might be helpful. ETC....
Psychological & Physical factors that may be obstacles	Environmental and Social Factors that may be obstacles	Beliefs and attitudes that may be obstacles
What do you <u>not</u> know or understand about the behavior and the intervention? Do you have poor or weak organization, time management, and problem-solving skills? Is your physical health inadequate? ETC....	From the micro to the macro level, what is in your physical environment that are obstacles? Do you have individuals, groups, and institutions that are getting in your way? ETC....	See the health belief model and address all four of the individual perception categories that might be unhelpful or get in the way. ETC....

Common behavioral change techniques are listed below. Use the ones that make sense given the behavior you are changing and your individual circumstances. 40 points

Intervention Technique	Describe the technique – include how and when
Cues to action	
Mild Aversion	
Behavior Substitution	
Environmental Restructuring	
Reinforcement	
Incentivization	
Objective feedback	
Social Contracting	
Establishing graded tasks	
Consequences for non-adherence	
Periodic review of health consequences	
Record keeping	