

Health Behavior Intervention Project

Behavior Review and Plan Development

BACKGROUND
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 Do NOT quote any material.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

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)

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The plan

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	

COM MODEL TO IDENTIFY FACILITATORS AND INHIBITORS FOR BEHAVIOR CHANGE

According to this model, three things are necessary for behavior change; capability, opportunity, and motivation (COM)

CAPABILITY: This refers to your ability to perform the desired behavior. This does not include your desire to change. Your capability depends on things about YOU (your physical and psychological traits) that make you more or less ABLE to perform the behavior. Psychological traits include your knowledge, cognitive and physical skills (or lack thereof) that are necessary for you to be able to perform the behavior. Also included is your ability to understand how to perform the behavior. Physical traits include things like you sex, age, health status that may help or make it more difficult for you to be able to perform the behavior.

OPPORTUNITY: To have opportunity means you have the time, money, and physical structures at your disposal so that you can perform the behavior. Physical environmental factors refer to physical structures (e.g. building, equipment, supplies), weather conditions, time, and money. Social environmental factors refer to the people/groups/institutions that are present around you that will make it easier/harder for you to perform the behavior.

MOTIVATION: This refers to your want or desire to make the necessary changes to perform the behavior. Beliefs and attitudes about the pros and cons surrounding the behavior and the necessary steps you need to take to change it will affect your motivation. Favorable (positive) ones will increase the want. Unfavorable (negative) ones will decrease the want.

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 on the next page. Use at least 5. You may also use a few more if they make sense given the behavior you are changing and your individual circumstances. **40 points**

Intervention Technique	Describe the technique – include what, how, and when
Cues to action Specific stimuli that triggers the desired behavior	
Mild Aversion Exposure to something unpleasant when the undesired behavior is executed	
Behavior Substitution Replacing an undesirable behavior with something more favorable	
Environmental Restructuring Changing the physical or social environment to facilitate the behavior	
Reinforcement Something is added (positive R) or removed (negative R) immediately after the behavior – must increase the behavior	
Incentivization A reward given if a goal is met	
Objective feedback Empirical data that shows the behavior change is producing a desired effect	
Social Contracting A formal commitment to change and the details thereof between the “client” and significant other(s)	
Establishing graded tasks Specifying specific and incremental benchmarks to bring the client to accomplishing a goal	
Consequences for non-adherence Typically, a punishment for executing a specific part of the intervention	
Periodic review of health consequences Reviewing positive outcomes if the behavior change is made and the negative outcomes if the change is not made	
Record keeping Tracking when the behavior occurs and the extent of the behavior	

Information on the Behavior (25 points)

Number of articles

4 (more than 3)

3 (3 articles)

2 (2 articles)

1 (1 article)

of peer rev articles

3 (more than 2)

2 (2 articles)

1 (1 article)

Paraphrased instead of quote

2 (all the time)

1 (some of the time)

impact health and wellbeing

5 extraordinary review

4.5 very good

4 good

3.5 barely adequate

3 not adequate

how much is too much and too little **

3 extraordinary – specific and thorough

2.5 very good – could be either more specific or thorough

2 good – needs to be more specific & thorough

1.5 adequate – made some attempt at both

1 not adequate – made an attempt at one only

interventions and specific techniques

5 extremely specific and thorough on both

4.5 very good on both

4 good on both

3.5 very good but just covered one

3 good but just covered one

2.5 barely adequate

No spelling, grammar errors, or

sentence structure issues typos **1**



**Not applicable to face touching –
score info on behavior out of 22**

APA in-text citations

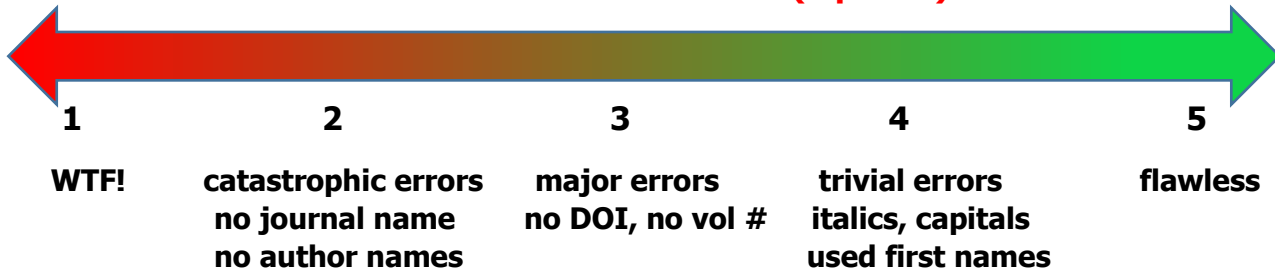
2 all correct

1.5 vast majority correct

1 at least some correct

REFERENCE LIST IN APA FORMAT (deduct ½ point if not alphabetical)

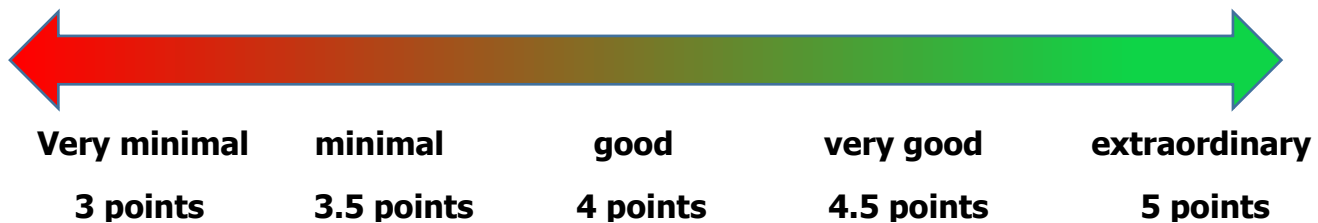
APA FULL REFERENCE LIST (5 points)



Observations (25 points)

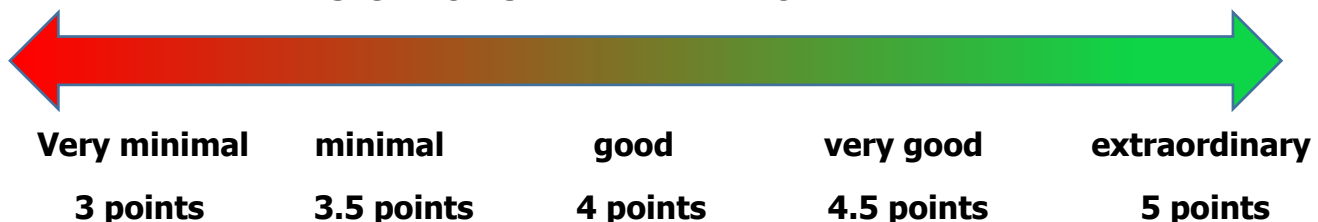
Antecedents (5 points)

INSIGHT ON SELF AND ENVIRONMENT



Consequences (5 points)

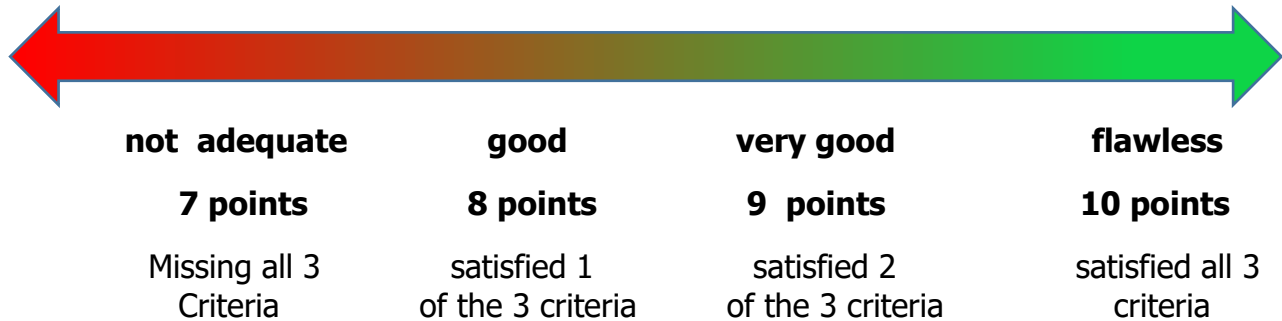
INSIGHT ON SELF AND ENVIRONMENT



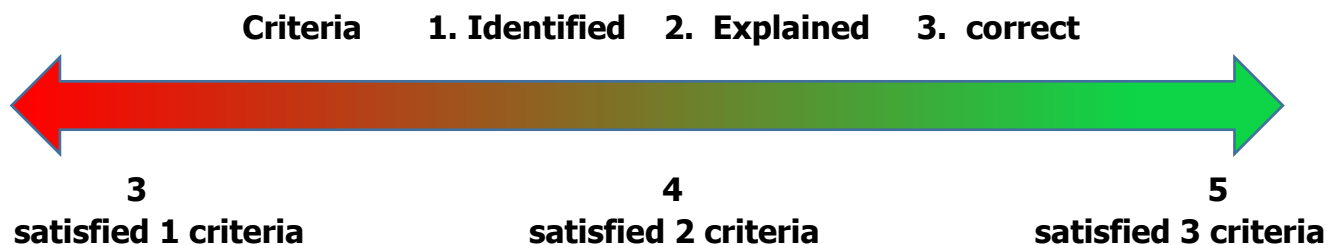
EXCEL GRAPH (10 pts) criteria 1. clear 2. has all elements of a graph 3. visually pleasing

Note: 2 point deduction if did a table instead of a graph

1 point deduction if did less than 7-days



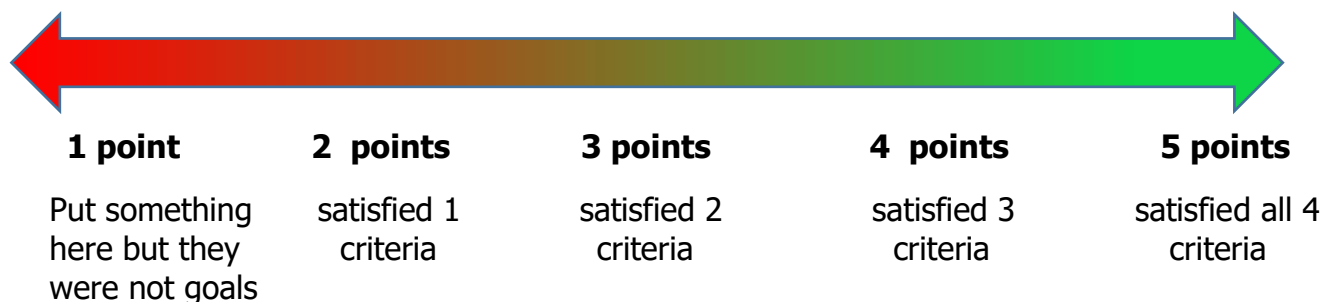
TRANSTHEORETICAL MODEL (5 points)



The Plan (75 points)

GOALS (5 points)

Criteria 1. Specific 2. Realistic 3. Incremental 4 measurable



IDENTIFY AND DESCRIBE THE KEY FACTORS THAT MIGHT HELP OR HINDER THE BEHAVIOR CHANGE (30 POINTS)

6 answers (3 that help, 3 that hinder) – each evaluated using the scale below



INTERVENTION TECHNIQUES (40 POINTS)

+5 for each technique used for up to 25 points

+5 total for the what

+5 total for the how

+5 total for the when

