First line: motivation and self-regulation in health problems (H002103)

Course Specifications
Valid as from the academic year 2018-2019

Course size (nominal values; actual values may depend on programme)

<table>
<thead>
<tr>
<th>Credits</th>
<th>Study time</th>
<th>Contact hrs</th>
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</thead>
<tbody>
<tr>
<td>3.0</td>
<td>90 h</td>
<td>30.0 h</td>
</tr>
</tbody>
</table>

Course offerings and teaching methods in academic year 2018-2019

A (semester 2) Dutch

- Lecture: response lecture 2.5 h
- Lecture 7.5 h
- Self-reliant study activities 7.5 h
- On-line discussion group 2.5 h
- Guided self-study 10.0 h

Lecturers in academic year 2018-2019

Van Damme, Stefaan PP05 lecturer-in-charge
Crombez, Geert PP05 co-lecturer

Offered in the following programmes in 2018-2019

<table>
<thead>
<tr>
<th>Bachelor of Science in Psychology (main subject Clinical Psychology)</th>
<th>3</th>
<th>A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Linking Course Master of Science in Psychology (main subject Clinical Psychology)</td>
<td>3</td>
<td>A</td>
</tr>
<tr>
<td>Linking Course Master of Science in Psychology (main subject Teacher Education and Training)</td>
<td>3</td>
<td>A</td>
</tr>
<tr>
<td>Preparatory Course Master of Science in Psychology (main subject Clinical Psychology)</td>
<td>3</td>
<td>A</td>
</tr>
<tr>
<td>Preparatory Course Master of Science in Psychology (main subject Teacher Education and Training)</td>
<td>3</td>
<td>A</td>
</tr>
</tbody>
</table>

Teaching languages

Dutch

Keywords

self-regulation, motivational interviewing, self-management, behavior change techniques, health problems, first line care

Position of the course

"First Line: Motivation and Self-regulation in Health Problems" is a bachelor course in the major Clinical Psychology, focusing on change and recovery oriented assessment in first line care, with specific attention for motivational interviewing.

Contents

This course covers the following topics:
- The importance of behavior (change), self-regulation, and self-management in health problems is discussed, especially in the context of first line care.
- Discussion of the philosophy and principles of motivational interviewing as a framework for assessment of vulnerability, abilities, and resilience, for facilitation and guidance of behavior change, and for relapse prevention.
- Motivational interviewing will be used to analyze health problems, focusing on a diversity of problems (e.g., healthy eating, physical activity, adherence in patients with diabetes or cardiovascular disease, rehabilitation of patients with chronic pain or fatigue).
- Applying and actively training motivational interviewing skills, focusing on exploration of priorities, responding to resistance, evoking self-motivating statements, and
information and advise consultations.
• Specific techniques for initiation and maintenance of behavior change will be discussed, such as action plans, coping plans, and implementation intentions.

Initial competences
Basic knowledge of health psychology

Final competences
1 Understanding the role of health behavior and behavior change in wellbeing of persons with health problems.
2 Understanding the role of motivation in health behavior and behavior change.
3 Understanding the benefits of motivational interviewing as a method for change-directed assessment.
4 Knowing the philosophy and principles of motivational interviewing.
5 Knowing and applying communication skills to assess health behavior in the context of health problems, and to evoke motivation for behavior change.
6 Knowing and applying intervention techniques to support individuals with planning, implementing, and maintaining behavior change.
7 Critically reflecting and discussing about own and others’ application of motivational interviewing skills.

Conditions for credit contract
Access to this course unit via a credit contract is determined after successful competences assessment

Conditions for exam contract
This course unit cannot be taken via an exam contract

Teaching methods
Guided self-study, lecture, on-line discussion group, self-reliant study activities, lecture: response lecture

Extra information on the teaching methods
Lectures will be alternated with guided self-education, for which students acquire online learning paths. Each learning path is concluded with an assignment in which students annotate a lecture-provided video regarding specific aspects of motivational interviewing using an online video-annotation tool (autonomous work). Feedback on these assignments is provided online and via response colleges. There is also an assignment in which students practice the acquired motivational interviewing skills with a volunteer and make an audiovisual registration, for the purpose of peer feedback (online discussion group in which students annotate each other’s videos in small groups using the video-annotation tool) and self-reflection (students make a report in which they reflect about strengths and working points). The lecturer has access to the video-annotations, supervises, and provides feedback if necessary.

Learning materials and price
Available on MINERVA:
• Powerpoint slides
• Online learning paths
• Selected literature
Estimated cost: 15 EUR

References

Course content-related study coaching
• Interactive support using MINERVA.
• By appointment.

Evaluation methods
end-of-term evaluation and continuous assessment

Examination methods in case of periodic evaluation during the first examination period
Written examination with open questions, written examination with multiple choice questions

Examination methods in case of periodic evaluation during the second examination period

(Approved)
Written examination with open questions, written examination with multiple choice questions

Examination methods in case of permanent evaluation

Participation

Possibilities of retake in case of permanent evaluation

examination during the second examination period is possible in modified form

Extra information on the examination methods

End-of-term assessment (15/20) consists of a written exam with 20 Multiple Choice questions (10 points) and 1 open question (5 points). Continuous evaluation (5/20) consists of participation, that is, performing the assignments and contributing to peer feedback.

Calculation of the examination mark

A combination of end-of-term assessment (75%) and continuous evaluation (25%).

In order to pass the course students have to obtain a final score of at least 10/20 and have to obtain at least the equivalent of 8/20 on all parts of the evaluation. In case the final score is 10/20 or above although one part of the evaluation scored less than the equivalent of 8/20, the final score will be reduced to the highest fail quotation (9/20).

Students who eschew one or more parts of the evaluation can no longer pass the course. Final scores will be reduced to the highest non-deliberative quotation (7/20) in case the final score is higher.