

Individual and Group Oriented Methods and Techniques for Behavioural Change (D000748)

Due to Covid 19, the education and evaluation methods may vary from the information displayed in the schedules and course details. Any changes will be communicated on Ufora.

Course size (nominal values; actual values may depend on programme)
Credits 5.0 Study time 150 h Contact hrs 50.0 h

Course offerings and teaching methods in academic year 2020-2021

A (semester 1)	Dutch	Gent	teaching method	hours
			seminar	5.0 h
			guided self-study	10.0 h
			lecture	20.0 h
			lecture: response	2.5 h
			lecture	
			self-reliant study	10.0 h
			activities	
			online discussion	2.5 h
			group	

Lecturers in academic year 2020-2021

Verloigne, Maïté	GE39	lecturer-in-charge
Van Damme, Stefaan	PP05	co-lecturer

Offered in the following programmes in 2020-2021

programme	crdts	offering
Master of Science in Teaching in Health Sciences (main subject Medical Sciences)	5	A
Master of Science in Teaching in Health Sciences (main subject Pharmaceutical Sciences)	5	A
Master of Science in Teaching in Health Sciences (main subject Social Health Sciences)	5	A
Master of Science in Teaching in Health Sciences (main subject Veterinary Medicine)	5	A
Master of Science in Health Promotion	5	A
Master of Science in Health Education and Health Promotion	5	A
Master of Science in Nursing and Midwifery	5	A

Teaching languages

Dutch

Keywords

Health Psychology, intervention techniques, behavior modification, groups interventions

Position of the course

This course provides students with an overview of the development and implementation of interventions at the individual and the group level. Emphasis is on acquiring skills and practicing interventions on practice-relevant cases.

Contents

- Behaviour change as a process from the perspective of two important theoretical frameworks, i.e., "the stages of change" and motivational interviewing.
- Discussion techniques to motivate individuals for behaviour change.
- Individual techniques to support individuals in designing, refining, and implementing behaviour change.
- Individual behaviour therapy techniques for behaviour change.
- The application of motivational and behaviour therapy techniques on health-related problems (smoking, therapy allegiance in cardiac revalidation and

diabetes, sedentarity, unhealthy nutrition)

- The role of tailored advice (computer-tailoring, eHealth, mHealth) from theoretical perspective, public health, and behavioural sciences

- The role of environmental interventions in health promotion, models for environmental interventions and most important research findings

- The role of participatory research in health promotion

Initial competences

meeting the conditions of admission of the education

Final competences

- 1 Able to discuss the theoretical basis of motivational interviewing and stages of change
- 2 Able to argue the importance of motivating in behaviour change
- 3 Using diverse motivational techniques to motivate individuals for behaviour change
- 4 Able to argue the importance of planning behaviour change in communication with patients
- 5 Using individual techniques to motivate behaviour change
- 6 Able to critically reflect upon one's own learning process and other's within the domain of communication skills
- 7 Able to analyse the meaning of tailored advice from theoretical background, public health and behaviour sciences
- 8 Able to evaluate and discuss critically the available evidence for the different levels of advice for different health behaviours
- 9 Able to evaluate and apply other group techniques, including environment, health education, school interventions, patient education, ... for behaviour change
- 10 Identifying possibilities to implement computer-tailoring of environmental interventions, group sessions, and school interventions

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, online discussion group, seminar, self-reliant study activities, lecture: response lecture

Extra information on the teaching methods

Lectures and seminars are used to collectively go through the theory and applications. A self-learning situation is used for the acquisition of communication skills. Online discussion moments are used to promote self-reflection and peer feedback.

Learning materials and price

Available at UFORA: manuals, powerpoint slides, online learning paths, mandatory literature
Estimated cost: 25 EUR

References

- Miller, W.R., & Rollnick, S. (2002). Motivational interviewing: preparing people for change. New York: Guildford Press, 428 p.
- Partim GROUP: see slides presenters

Course content-related study coaching

Online support.

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

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

Written examination with open 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

Details on periodic evaluation: written exam with 4 open question, of which 2 for partim INDIVIDUAL and 2 for partim GROUP.

Details on permanent evaluation: participation in partim INDIVIDUAL.

- Method: performing 3 assignments with respect for instructions and deadlines. The assignments consist of practicing motivational interviewing skills with a co-student and a volunteer, making audio-visual registrations, and providing critical and theoretically funded self-feedback and peer-feedback via a video-annotation tool. Students are also required to make a self-reflection report.
- Frequence: the assignments are evaluated after completion.
- Description of second exam opportunity: assignments are repeated and for peer-feedback a compensatory assignment is provided.
- Feedback: students receive interim feedback on one video.

Calculation of the examination mark

- The evaluations consists of:
 - partim INDIVIDUAL: 10 out of 20 points, of which 7 points periodic evaluation (exam) and 3 points permanent evaluation (participation);
 - partim GROUP: 10 out of 20 points (only exam).
- Partial result for permanent evaluation can be transferred to the next examination period within the same academic year, if successful.
- If the total score is 10/20 or more, but the score on one of the partims is 8/20 or 9/20, the total is reduced to the highest failing mark (9/20).
- If the total score is 10/20 or more, but the score on one of the partims is less than 8/20, the total score is reduced to the highest non-deliberative mark (8/20).