



THE UNIVERSITY OF QUEENSLAND

Course title: PUBH7122 Health Behaviour Interventions

Course coordinator: A/Prof Elizabeth Eakin

Mode: Internal and External, Semester 2

Course introduction:

Understanding how best to influence health risk behaviours is key to improving Australians' future health outcomes. This is particularly so for chronic diseases (such as type 2 diabetes, cardiovascular disease and major cancers) which share modifiable behavioural risk factors, including cigarette smoking, physical inactivity and poor diet. This course provides an overview of evidence-based approaches to the development, implementation and evaluation of health behaviour interventions. PUBH7122 will develop and extend students' abilities in critically appraising, understanding and applying scientific evidence in the development, implementation and evaluation of population health intervention programs and other health promotion initiatives. This course is complementary to and builds on PUBH7123, which covered issues of measurement, prevalence, trends and determinants of health risk behaviours in the population.

Course aims:

The aim of PUBH7122 is to develop a sound basis in knowledge and research skills relevant to developing evidence-based health behaviour change programs, in a population-health context, focusing on the prevention of prevalent chronic diseases.

Course content:

Specific topics include:

- Health behaviour interventions: a population-health approach
- Synthesising the evidence for health behaviour interventions
- Health behaviour theories and their application to the development of health behaviour interventions
- Developing health behaviour interventions
- Evaluating health behaviour interventions
- Synthesising theory and research into policy, practice and dissemination
- Application: A health behaviour intervention for type 2 diabetes

Method of assessment: There are three assignments.

Recommended text: Glanz K, Rimer BK, Viswanath K. (2008) *Health behavior and education: theory, research and practice*. San Fransisco: Jossey-Bass.

Required resources: A Book of Readings is supplied to all students.

Study guide: This contains the week-by-week learning materials for each module. These include clear learning objectives, the required readings, introduction and brief synopsis, and a series of practical exercises.

Online Blackboard site: This provides an interactive environment for students and lecturers. Reliable and regular access to the Internet is required.

Further details are provided in the [Course Profile](#) :

http://www.uq.edu.au/study/course.html?course_code=PUBH7122