

COURSE SYLLABUS

(1) GENERAL

SCHOOL	HEALTH SCIENCES MANAGEMENT AND ECONOMICS SCIENCES		
DEPARTMENT	<ul style="list-style-type: none"> ▪ SOCIAL WORK ▪ NUTRITION AND DIETETICS SCIENCES ▪ BUSINESS ADMINISTRATION AND TOURISM 		
LEVEL OF STUDY	Graduate/Master's		
COURSE CODE	CDDA-B08	SEMESTER	B
COURSE TITLE	Contemporary Approaches to Health Behaviours and Behaviour Modification		
INDEPENDENT TEACHING ACTIVITIES	TEACHING HOURS WEEKLY	CREDIT UNITS (ECTS)	
Lectures	3	7.5	
COURSE TYPE	Special background and Skills development Free choice course - optional compulsory		
PREREQUISITE COURSES:	-		
LANGUAGE OF TEACHING and EXAMINATIONS:	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	-		
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/SW355/		

(2) LEARNING OUTCOMES

Learning Outcomes

The course focuses on theoretical models and practical interventions used to understand and modify health behaviors. The course covers a range of topics, including the social, cultural and psychological factors that influence health behaviours, and how individual experiences and scientific knowledge interact to shape relevant behaviours. Also different models and theories for modifying health-related behaviors are presented, such as: the Health Belief Model, the Theory of Planned Behavior, the Cognitive Behavioral Theory, and the Stage Theories. The course also presents in-depth interventions and strategies for modifying health behaviors, including cognitive-behavioral therapy, motivational interviewing, and Virtual Reality therapies. Students will have the opportunity to apply their knowledge through case studies, role-playing, and practical exercises, in order to effectively assimilate the complex factors involved in changing health behaviors in real conditions.

The course is offered at the postgraduate level and the learning outcomes correspond to level 7 of the European Qualifications Framework for Lifelong Learning (EQF). Based on the above, after the successful completion of the course, students are expected to:

Knowledge:

- understand the basic principles and theories related to the interpretation of health concepts by the general population.
- analyze the factors that influence health risk perception and the effects on health behaviors (eg, individual experiences, cultural beliefs, scientific knowledge).
- Identify the basic theoretical models for interpreting health behaviors (eg, Health Belief Model, Theory of Planned Behavior, Cognitive Behavioral Theory, Stage Theories).
- understand the fundamental concepts and techniques of brief motivational intervention.
- understand the basic principles and theories of cognition and its role in making decisions about health behaviors.
- know the techniques used in cognitive-behavioral therapy and their theoretical

<p>background.</p> <ul style="list-style-type: none"> • understand the psychological, social and biological aspects of alcohol and smoking addiction. <p>Skills:</p> <ul style="list-style-type: none"> • analyze the factors that influence risk perception and the effects on health behaviors. • identify and critically evaluate the strengths and limitations of interpretive models of health behaviors. • apply the interpretive models of health behaviors to case studies. • develop skills to work effectively with people to foster change. • apply motivational interviewing techniques to simulated health scenarios. • assess the role of cognitive biases and distortions in influencing health behaviors and intervention strategies. • apply cognitive-behavioral therapy techniques to different populations. • apply and evaluate the various techniques for smoking cessation. <p>Abilities:</p> <ul style="list-style-type: none"> • critically evaluate the effectiveness of cognitive-behavioral therapy techniques. • approach the complexity and challenges in applying cognitive-behavioral techniques to different populations. • implement evidence-based intervention plans to modify behaviors related to alcohol use and smoking cessation, incorporating best practices and recent research findings.
General Skills
<p>The course aims to provide students with the following general skills:</p> <ul style="list-style-type: none"> • Demonstrate social, professional and ethical responsibility and sensitivity when counseling individuals for behavior modification • Independence and group work • Work in an interdisciplinary environment • Decision making • Promotion of free creative and inductive thinking • Respect for diversity and multiculturalism

(3) COURSE CONTENT

<p>The course includes the following sections:</p> <ul style="list-style-type: none"> • Fundamentals of interpreting health concepts and risk perception in the general population • Theoretical models for the interpretation of health behaviors at the individual level • How to conduct 'Brief Motivational Intervention' • Introduction to Cognitive and Behavioral Psychotherapeutic Approaches • Cognitive mode of perception • Techniques in Cognitive-Behavioral Psychotherapy • Integrated intervention to modify health behaviors: The case of alcohol • Smoking cessation interventions
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(4) TEACHING and LEARNING METHODS - EVALUATION

METHOD OF DELIVERY	<ul style="list-style-type: none"> • Interactive face-to-face (in vivo) and distance learning lectures. • Case studies and their critical commentary, exercises and group assignments, teaching skills, during the course (Seminars). • Presentation of videos / documentaries and reflective discussion.
USE OF INFORMATION AND COMMUNICATION	<p>Presentation of PowerPoint slides and videos. Use of the e-class electronic platform to access slides/scientific articles. Frequent communication with</p>

TECHNOLOGIES	students through the same platform and through the teachers.hmu.gr for responding to questions related to the educational process.	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures, Seminars, skills teaching, and Interactive teaching	39
	Study and analysis of articles - bibliography - Independent Study	151
	Total Course	190
STUDENT EVALUATION	The course has one (1) form of assessment: Final written exams of multiple choice and brief responses to questions (100% of the final grade). All graded papers are accessible to students Language of exams: Greek	

(5) RECOMMENDED-BIBLIOGRAPHY

- Suggested Bibliography:

- Grammatopoulou E. *Notes on Clinical Practice in Cardio-Respiratory Diseases (Θ). Unit 1: Theories of Behavior Change.*
- National Action Plan on Smoking 2008 – 2012.
- Misouridou E. (2015). *The process of change [Chapter 7]. In Misuridou E. (2015). Dependent nursing. Kallipos Open Academic Publications.* <https://hdl.handle.net/11419/3131>
- Misouridou E. (2015). *Approaching the person who uses substances [Chapter 6]. In Misuridou E. (2015). Dependent nursing. Kallipos Open Academic Publications.* <https://hdl.handle.net/11419/3130>
- Misouridou E. (2015). *The maintenance stage of change and relapse prevention [Chapter 8]. In Misuridou E. (2015). Dependent nursing. Kallipos Open Academic Publications.* <https://hdl.handle.net/11419/3132>
- Charalambous A. & Tsitsi T. OR. (2010). *Identification of factors contributing to the systematic use of condoms to prevent unwanted pregnancy and sexually transmitted diseases based on the Health Belief Model. Archives of Greek Medicine, 27(3), 449-459.*
- Bernstein E., Topp D., Shaw E., Girard C., Pressman K., Woolcock E., & Bernstein J. (2009). *A preliminary report of knowledge translation: Lessons from taking screening and brief intervention techniques from the research setting into regional systems of care. Academic Emergency Medicine, 16(11), 1225-1233.*
- Chan DN & So WK (2021). *Effectiveness of motivational interviewing in enhancing cancer screening uptake among average-risk individuals: A systematic review. International Journal of Nursing Studies, 113, 103786.*
- Franco-Antonio C., Calderón-García JF, Santano-Mogena E., Rico-Martín S., & Cordovilla-Guardia S. (2020). *Effectiveness of a brief motivational intervention to increase the breastfeeding duration in the first 6 months postpartum: Randomized controlled trial. Journal of Advanced Nursing, 76(3), 888-902.*
- Frost H., Campbell P., Maxwell M., O'Carroll RE, Dombrowski SU, Williams B. ... & Pollock A. (2018). *Effectiveness of motivational interviewing on adult behavior change in health and social care settings: A systematic review of reviews. PloS one, 13(10), e0204890.*
- Guidelines for treating tobacco dependence (2018). *European Network for Smoking and Tobacco.*
- Harvey JN & Lawson VL (2009). *The importance of health belief models in determining self-care behavior in diabetes. Diabetic Medicine, 26(1), 5-13.*
- Kiyoshi-Teo H., Northrup-Snyder K., Robert Davis M., Garcia E., Leatherwood A., & Izumi S. (2020). *Qualitative descriptions of patient perceptions about fall risks prevention strategies and self-identity: Analysis of fall prevention Motivational Interviewing conversations. Journal of Clinical Nursing, 29(21-22), 4281-4288.*
- Krist AH, Davidson KW, Mangione CM ... & US Preventive Services Task Force. (2021). *Interventions for tobacco smoking cessation in adults including pregnant persons: US Preventive Services Task Force recommendation statement. JAMA, 325(3), 265-279.*

Lee WW, Choi KC, Yum RW, Doris SF, & Chair SY (2016). Effectiveness of motivational interviewing on lifestyle modification and health outcomes of clients at risk or diagnosed with cardiovascular diseases: A systematic review. *International journal of nursing studies*, 53, 331-341.

Sulat JS, Prabandari YS, Sanusi R., Hapsari ED, & Santoso B. (2018). The validity of health belief model variables in predicting behavioral change: A scoping review. *Health Education*, 118(6), 499-512.

-Related scientific journals:

- Addiction
- BMC Public Health
- Cognitive and Behavioral Practice
- Health Education & Behavior
- Health Psychology Review
- International Journal of Behavioral Medicine
- Journal of Behavioral Medicine
- Journal of Clinical Psychology
- Journal of Health Psychology
- Journal of Substance Abuse Treatment
- Substance Abuse & Misuse
- Tobacco Control