

BEHAVIOR CHANGE PROJECT

HEALTH PSYCHOLOGY

Due *in class* October 24, 2008

You will be asked to identify a particular health behavior that you would like to change. You will then be asked to track that behavior for one week, develop an intervention plan to change the behavior, implement the intervention plan, and evaluate its effectiveness. Try and see if you can frame your behavior change as an effort to increase a deficit rather than reduce an excess.

Part One: Behavior Log

Create a detailed log that allows you to record the occurrence of the behavior you want to change. Include in the log any factors that may be related to the occurrence of the behavior (for example, mood, presence of companions, time pressure, etc.). Track your behavior, as well as any other relevant information related to it, for a one week period, as assigned by the instructor. Your log will be evaluated based on its comprehensiveness.

Part Two: Log Evaluation

Using the behavior log, identify and evaluate your pattern of health behavior.

Part Three: Intervention Development

Using the Log Evaluation, develop an intervention that targets each component of the model. For example, how will you introduce cues that will assist you in carrying out the desired behavior? Apply cognitive and behavioral techniques, which are described in the text and in lecture, to your health behavior. Please be sure and have at least one reference citation in your discussion (use APA format)

Part Four: Intervention Application

Apply the intervention you developed in Part Three to try to change your targeted health behavior. Use the Behavior Log form from Part One to track the behavior for one week. Record successes and failures, what you did specifically to try to address barriers and maximize your possibility for change.

Part Five: Intervention Evaluation

Using information from your Intervention Application Log, identify the components of your intervention that worked and did not work. What were the obstacles that you didn't foresee? Was change more or less difficult than you imagined? How was this attempt at change similar or different from attempts you have made in the past? What would you change about the intervention were you to use it again in the future?