Health Behavior Program Development.

Claremont Graduate University, DBOS
Health Behavior Program Development
Wednesdays, 4-7

Professor: Jason T. Siegel, Jason.siegel@cgu.edu
Office hours: Wednesday 9am – 11am, ACB 203 (please make an appointment)

Teaching Assistant: Amanda Keeler, mandakeeler@me.com

Office hours: Please do not hesitate to make appointments to see us. Dr. Siegel and Amanda enjoy discussing anything related to this class, so don’t be shy about seeing us.

Goal: The goal of this course is to provide you with the skills and knowledge necessary to develop successful health behavior intervention programs, from theory, to application, to identifying funding sources, to writing an effective proposal.

Objectives: When this class is completed you will, 1) be able to effectively research a target population and health behaviors, 2) be able to design a theory-based program/intervention, 3) be aware of the challenges associated with implementing a program/intervention in certain settings, 4) be aware of the challenges associated with implementing a program with certain populations, and 5) be aware of the challenges involved in implementing an intervention.

General Course Structure: This is a seminar style course. At the start of the semester, students will have the opportunity to choose a target health issue. Throughout the semester, students go through the process of developing an intervention program targeting the health issue in a specific population. As a final project, students will be expected to present their research in the form of a grant proposal.

Class Attendance: Students are expected to attend class weekly and to be active participants in the learning process. Attendance and participation will contribute to your final participation grade. Please contact Amanda in advance if you will need to miss class, accommodations can always be made in the event of emergencies.

Assignments: All assignments are due at noon the Tuesday before class. This will allow me and Amanda to review your assignments prior to class.

Grading: Grades will be determined as follows:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation</td>
<td>5%</td>
</tr>
<tr>
<td>One-pagers</td>
<td>25%</td>
</tr>
<tr>
<td>Presentations</td>
<td>10%</td>
</tr>
<tr>
<td>Article Reviews</td>
<td>15%</td>
</tr>
<tr>
<td>Final Paper</td>
<td>25%</td>
</tr>
<tr>
<td>Final Presentation</td>
<td>20%</td>
</tr>
</tbody>
</table>
Assignments: As noted above, all assignments are due at noon the Tuesday before class. This will allow Amanda and me to review your assignments prior to class. All assignments should be turned in through your Sakai dropbox.

Other Resources and Information: There are a number of helpful resources that students may wish to access. On campus, for example, students may wish to visit the Office of Research and Sponsored Programs in 152 Harper Hall, or the Writing Center in 15 Harper Hall. Talk to Amanda for more information and recommendations.

All written products should be type written, prepared for this course, and should conform to APA style, including with a complete references section. Students should not submit papers that have been written for prior or concurrent courses unless they have obtained prior approval from the instructor. Any student who has a disability that prevents the fullest expression of their abilities should contact the instructor as soon as possible to discuss the appropriate accommodations necessary to complete the course requirements. In addition, all students should review the SBOS Handbook for information about plagiarism. Plagiarism is a serious offense, even if unintentional, and is subject to sanctions.

Mental Health Resources: Graduate school is a context where mental health struggles can be exacerbated. If you ever find yourself struggling, please do not hesitate to ask for help. If I did not ask for help as a graduate student, I would not have made it through my first year. There is help available on campus, or you can contact Amanda or myself. If you wish to seek out campus resources, here is some basic information about Monsour (http://www.cuc.claremont.edu/monsour/):

“Monsour Counseling and Psychological Services (MCAPS) is committed to promoting psychological wellness for all students served by the Claremont University Consortium. Our well-trained team of psychologists, psychiatrists, and post-doctoral and intern therapists offer support for a range of psychological issues in a confidential and safe environment.”

Phone 909-621-8202
Fax 909-621-8482
After hours emergency 909-607-2000
Address
Tranquada Student Services Center, 1st floor
757 College Way
Claremont, CA 91711

Disclaimer: The above schedule and procedures in this course are subject to change in the event of extenuating circumstances.
Schedule (tentative):

**Week 1 (January 22nd):**
- Course Overview

**Week 2 (January 29th):**
- **Lecture Topics:**
  - Conducting a useful literature review
  - Discerning the articles you should cite from the ones on which you should base your study.

*Today we will discuss how to conduct a literature review and then we will have you dive into the literature. Today’s mission is to have you spend the majority of the class searching for articles on your health behavior of choice. When class ends, you should have an extensive folder of articles on your health behavior of choice.*

**Assignment Due Today:**
- *Pick a health behavior you would like to reduce or change. Be prepared to discuss. Also, write us a brief paragraph. We like things in writing.*

**Reading due today (will be on sakai):**
- Fisher & Foreit, p 1-44. You might want to read further based on your level of experience with the topics covered.

**Week 3 (February 5th):**
- At this point you should be able to say, “I am planning a health behavior intervention on this topic.”

**Literature Reports/One Pagers:**
- Everyone will give a 4-6 minute presentation reviewing what was learned about the health behaviors of choice. Please be sure to include:
  - What is the prevalence of the behavior?
  - How much harm is the presence or absence of the behavior causing?
  - How much is the presence or absence of the behavior costing in dollars and lives?
  - How much attention the topic is getting?
  - Is the health behavior is increasing or decreasing?

*You should be trying to convince us that the behavior you want to increase or chance is one of the most important behaviors that exists. You have to sell is that there is problem or need for change.*

**Assignment Due Today:**
Health Behavior Program Development.

- You are to hand in an excel sheet that will have the list of all the articles that you read for your literature review, as well as comments on each.
- One pagers.
- Remember, all assignments are due on the Tuesday before class at noon

**Week 4 (February 12th):**

**Class overview:**

Today will begin with the “manuscript review.” This will occur a few times throughout the semester. We do not expect you to do extremely well on the first review, but we expect you to improve throughout the semester. Each assignment will involve providing you with an article that you will be asked to review as if you were reviewing for a journal.

Once the review excitement is over, you will begin your investigation into the types of intervention and programs that have been used to influence your health behavior of choice. You will do the literature review in class. Similar to week 2, when class ends, you should have an extensive folder of articles on the interventions used to influence your health behavior of choice.

**Assignment Due Today:**

- Manuscript review

**Week 5 (February 19th):**

At this point you should be able to say, “I am planning a health behavior intervention on this topic and here is what has been done before.”

**Literature Reports/One Pagers:**

- Everyone will give a 4-6 minute presentation reviewing what was learned about the intervention and education programs used to influence the chosen health behavior. Please be sure to include:
  - What are the range of approaches that have been used?
  - Which approaches are most prevalent?
  - Which approaches have been the most successful?
  - What are commonalities across different attempts to change behavior?
  - How often does theory guide the program development?
  - Which populations are typically targeted?
You should be trying to convince us that you have a firm grasp of what has been done before, based on which theories, and the common targets of intervention. Doing a good job on this assignment can set you up well for the rest of the semester.

**Assignment Due Today:**

- You are to hand in an excel sheet that will have the list of all the articles that you read for your literature review, as well as comments on each.
Health Behavior Program Development.

-One pagers.
-Remember, all assignments are due on the Tuesday before class at noon.

Week 6 (February 26th):

Class overview:
Today will begin with the “manuscript review.”

Once the review excitement is over, you will begin your investigation into the types of population you wish to target. You will do the literature review in class. Similar to weeks 2 and 4, when class ends, you should have an extensive folder of articles on the interventions used to influence your health behavior of choice.

Assignment Due Today:
- Manuscript review

Week 7 (March 5th):
At this point you should be able to say, “I am planning a health behavior intervention on this topic, here is what has been done before, and I will intervene with this population.”

Literature Reports/One Pagers:
- Everyone will present a 4-6 minute presentation reviewing what was learned about the population of choice. Please be sure to include:
  - What are the demographics of this population?
  - What is the prevalence of the ailment within the population?
  - How is this population impacted by the behavior, or lack thereof, in comparison to other groups? In other words, are they disproportionately impaired by this behavior?
  - What makes this group unique such that they are disproportionately impacted?
  - Why is there a need for interventions specific to this population?

Assignment Due Today:
- You are to hand in an excel sheet that will have the list of all the articles that you read for your literature review, as well as comments on each.
- One pagers.
- Remember, all assignments are due on the Tuesday before class at noon.

Week 8 (March 12th):
THEORY, THEORY, THEORY

Class overview:
Today will begin with the “manuscript review.”

Once the review excitement is over, you will begin your investigation into the theory you want to use to guide your efforts. You will do the literature review in class. Similar to weeks 2, 4, and 6, when class ends, you should have an extensive
Health Behavior Program Development.

folder of articles on the theories that have been used to guide prior interventions in your domain. This will help you decide which theoretical framework you wish to use.

Assignment Due Today:
- Manuscript review

Week 9 (March 19th):
NO CLASS, SPRING BREAK

Week 10 (March 26th):
At this point you should be able to say, “I am planning a health behavior intervention on this topic, on this population, using this theory to guide my thinking.”

Literature Reports/One Pagers:
- Everyone will present a 4-6 minute presentation reviewing what was learned about the population of choice. Please be sure to include:
  - What theories are traditionally used to guide interventions in your health domain?
  - What theory do you wish to use to guide your intervention?
  For the theory you choose:
  - an overview of the theory (what does it do, overall?)
  - its history (who invented it, how has it changed over time?)
  - boundaries (what does and doesn’t it work for?)
  - limitations (how is it criticized? what assumptions is it based on?)
  - why is it a good match for explaining or changing your behavior in your population.

Assignment Due Today:
- You are to hand in an excel sheet that will have the list of all the articles that you read for your literature review, as well as comments on each.
- One pagers.
- Remember, all assignments are due on the Tuesday before class at noon

Week 11 (April 2nd):
At this point you should be able to say, “I am planning a health behavior intervention on this topic, on this population, using this theory to guide my thinking, here it is!”

In class today, you will give a very brief overview of your intervention.

Once you let us know the intervention you plan on implementing, you will begin your investigation into the steps taken to implement and evaluate your intervention. Similar to weeks 2, 4, 6, and 9, when class ends, you should have an
extensive folder of articles on the how interventions similar to yours have been designed, implemented, and evaluated.

Assignment Due Today:
- We want a one pager proposing your intervention.

Week 12 (April 9th):
Describing and defending your intervention/program
At this point you should be able to say, “I am planning a health behavior intervention on this topic, on this population, using this theory to guide my thinking, here it is, and here is the design.”

Literature Reports/One Pagers:
- Everyone will give a 4-6 minute presentation reviewing each step of the health behavior program. Please be sure to include:
  - A description of the overall intervention. Please break it down component by component.
  - For each component, provide references that back up what you are proposing.
  - Some of you have already given us some of the components, but we want hardcore evidence that each component has been successful. For example, if you are doing a Church intervention, you want to give us specific information about prior Church interventions that have worked. Go beyond telling us that they were successful and let us know the effect and the duration of the effect. What outcomes were changed? Has every Church intervention worked? Have any failed? If so, why? Who will deliver the church message? Priests? Is that what was done before? Be very specific about each component, how it is similar to prior interventions, and provide specifics about the success of the component in the prior interventions that you reference.

Assignment Due Today:
- You are to hand in an excel sheet that will have the list of all the articles that you read for your literature review that are relevant to design, as well as comments on each.
- One pagers.
- Remember, all assignments are due on the Tuesday before class at noon

Week 13 (April 16th):
Implementing your intervention/program
At this point you should be able to say, “I am planning a health behavior intervention on this topic, on this population, using this theory to guide my thinking, here it is, and here is how I will implement it.”
Health Behavior Program Development.

**Literature Reports/One Pagers:**
- First, let us know each component of the intervention (e.g., counseling session, media campaign, etc). For each component, how will you develop it? You should look at publications that describe the development of culturally sensitive interventions and follow the approach. Will you create an expert panel to help you with your development? Will you do pilot testing? Will you adapt existing materials? Once the materials are created, or the intervention planned, how will you pilot test it to be sure it works? You want to have a plan for the creation of each aspect of your campaign.

**Assignment Due Today:**
- You are to hand in an excel sheet that will have the list of all the articles that you read for your literature review that are relevant to implementation, as well as comments on each.
- One pagers.
- Remember, all assignments are due on the Tuesday before class at noon

**Week 14 (April 23rd):**

**Evaluating your intervention/program**
At this point you should be able to say, “I am planning a health behavior intervention on this topic, on this population, using this theory to guide my thinking, here it is and here is how I will evaluate it.”

**Keys to success:** 1) Is every measure you are using valid?, 2) Is every component of the program being evaluated?, 3) If the campaign fails, will your evaluation tell you what went wrong and why?, 4) Will you be able to check to see that the intervention was properly implemented?, 5) Do you have the proper instruments to ensure that you will detect a difference in the intervention is successful?

**Literature Reports/One Pagers:**
- Everyone will give a 4-6 minute presentation reviewing the evaluation plan. Please be sure to include a description of the measures, why those measures were chosen, the design of your approach, how you will measure fidelity, and how many people would have to partake in your study for you to be able to detect whether your program is working as intended.

**Assignment Due Today:**
- You are to hand in an excel sheet that will have the list of all the articles that you read for your literature review that are relevant to evaluation, as well as comments on each.
- One pagers.
- Remember, all assignments are due on the Tuesday before class at noon

**Week 15 (April 30th):**

**Timeline**
Health Behavior Program Development.

At this point you should be able to say, “I am planning a health behavior intervention on this topic, on this population, using this theory to guide my thinking, here it is, here is how I will evaluate it, and here is the timeline.”

*Literature Reports/One Pagers:*

Here you should determine how long you would need to develop, implement, and test your program. Most grants are 3-5 years. You should think of developing something along those lines. Every phase should be described. How long do you need to develop the materials? How long will you let the intervention run? How much time do you need for pre- and post-tests, if relevant?

*Assignment Due Today:*

- You are to hand in an excel sheet that will have the list of all the articles that you read for your literature review that are relevant to evaluation, as well as comments on each.
- One pagers.
- Remember, all assignments are due on the Tuesday before class at noon

**Week 16 (May 7th):**

FINAL PRESENTATIONS, WEEK #1

**Week 17 (May 14th):**

FINAL PRESENTATIONS, WEEK #2

**FINAL PAPERS DUE 6am MAY 18th.**

Final paper and presentation: The final paper should integrate information from each week of class. For some students, it may be helpful to review an outline of your paper with Amanda or Jason before starting the writing process. The presentation should be an overview of the information in the paper, should be professional, and must not exceed 15 minutes. You will be cut off at the 15-minute mark.

The final paper will be in the form of a grant proposal. You will be graded based on the quality of the information you provide, the strength of the argument put forth, the comprehensiveness of your review, and you writing. You will be heavily penalized for typographical errors and/or errors in APA style. Your grade will also be heavily dependent on whether Dr. Siegel and Amanda believe it is a fundable project that would do well in the review process.

Please read these three documents thoroughly. You will be lost otherwise. Read them all, but read the first one twice.

Writing R01s:

http://steinhardt.nyu.edu/scmsAdmin/media/users/ktz1/Tips_and_Strategies_for_NIH_Grant_Writing.pdf
Health Behavior Program Development.

http://www.niaid.nih.gov/researchfunding/grant/strategy/Pages/stepswin.aspx