

## **Pre-conference Workshop**

### **Mechanisms of Health Behaviour Change**

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*Rationale:* The purpose is to introduce health psychologists to some principles that have been found relevant in the study of health behaviour change. Topics are, for example, the distinction between stage and continuum models, the path analytic design of popular health behaviour models, the role of behavioural intentions and of distal and proximal factors that influence outcomes such as physical activity, dental hygiene, smoking cessation, sun safety and dietary behaviours. Participants will understand constructs such as self-efficacy, outcome expectancies, health-specific optimism, planning, and action control. Examples of the measurement of such constructs will be given. Particular attention will be given to mediators and moderators. We will discuss the rationale for mediation and moderation and will also practice the computation of such models, providing examples in SPSS. Participants will be informed about the above topics and will become capable of specifying and examining models of health behaviour change. We will use a flexible instructional format that includes brief presentations, small-group collaboration, and plenary discussions.

This workshop would be suitable for graduate and post-graduate students as well as for investigators who are new to this field of research.

*Date:* September 1<sup>st</sup>, 2010

*Time:* 9am – 12pm

*Regular Fee:* 50 euro; reduced fee: 35 euro (for students and residents of one of the listed countries)