

**The Faculty of Psychology**  
**University of Bergen**  
Module in the training programme for researchers

Elective course offered by the Graduate School of Human Interaction  
and Growth (GHIG)

**Socio-ecological approaches to behaviour change:  
theory, design and evaluation of interventions**

**Objectives:**

There is increasing evidence that individualised interventions to change behaviour based largely on psychological models of behaviour change are of limited effectiveness, particularly among more resistant population groups which often include deprived populations and those in greatest need of behavioural change. More effective interventions, and those with long term sustained effects, tend to be those which incorporate multiple components and are informed by a socio-ecological approach, which highlights the importance of acting not only at individual level but at social, community, organisational, environmental and policy levels. A socio-ecological approach implicitly involves a whole-system approach to understanding and changing health behaviour, complex interventions, and a search not just for what works? but what works, for whom and in what circumstances? The main aim of this course is to provide an introduction to multilevel and systems perspectives, most notably the socio-ecological model of health, and to understand how this framework can be used to inform the design of multilevel complex interventions. There is a particular focus on the methodological tools required to develop, evaluate and implement such interventions.

Participants will gain knowledge of:

- Limitations of monofactorial interventions
- Theory and rationale underpinning the socio-ecological model
- Evidence supporting the effectiveness of multilevel complex interventions
- An understanding of the importance of complexity, systems, context
- Transdisciplinary science
- RE-AIM evaluation framework

**Required prerequisites:** Academic staff and Phd. Students at the Faculty of Psychology, University of Bergen, and Uni Health can attend.

**Learning Requirements:** Masters Degree in disciplines relevant to educational sciences, psychology and public health.

**Tutorial registration:** The candidates must sign up for the course 14 days in advance. The maximum number of participants is 20.

## Course literature

Key papers include:

Glasgow RE, Vogt TM, Boles SM. Evaluating the public health impact of health promotion interventions: the RE-AIM framework. *Am J Public Health*. 1999;89: 1322–1327.

McLeroy, K. R., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health Education Quarterly*, 15, 351-377.

Craig P, Dieppe P, Macintyre S, Michie S, Nazareth I, Petticrew M. *Developing and evaluating complex interventions*. London: Medical Research Council, 2008.

A list of recommended literature will be provided.

## Teaching Semester

Spring term. 12-16<sup>th</sup> of March 2012

Christiesgt. 13. Monday, Tuesday, Wednesday and Friday Room 207, Thursday Room 276-2/3.

## Time schedule:

Monday-Thursday:

0900-1100 Morning session: Lecture

1100-1400 Individual or group learning activity.

1400-1530 Afternoon session: Lecture and discussion

Friday:

0900-1100 Morning session: Lecture

1230-1400 Afternoon session: Discussion and Summary.

## Language of Instruction

English

## Assessment / Examination Format

Pass or fail. 1.5 ECTs for attendance on all 5 days and some reading.

A further 1.5 ECTs (total: 3 ECTs) for submission of satisfactory course work.

## Ects

1.5 or 3.

## Course coordinators

Laurence Moore, Professor II GHIG; Professor of Public Health Improvement, Cardiff University and Director, DECIPHer, UKCRC Public Health Research Centre of Excellence.

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## Contact Persons

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