

D2173/P2144 - Sustainable Health Behaviour Change/Behaviour Change (Current Academic Year)

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129 items

Week 2 (8 items)

Influences on Health (8 items)

Ewles & Simnett's promoting health: a practical guide, by Angela Scriven; Linda Ewles, 2017

Book | **Essential** | Key text Complete exercises in Chapter 1, Working in your groups with your case study find a health promotion approach or behavior change strategy that best fits your skills and background. Make reference to chapters 10, 14, and 15. Review chapter 4 - Ethical practice

What we need to talk about when we talk about health - in The Lancet, by Sandro Galea, 2019-04

Article | **Essential**

Promoting health: a practical guide, by Angela Scriven, 2010

Book | **Recommended** | . This is the previous edition of the core text - you may find these sections useful. Behaviour change as one of 5 health promotion approaches from Scriven 2010: pages 34-6. Check your understanding of ethical practice in health promotion -see Ethical dilemmas pages 36-42.

WHO guidance on physical activity

Webpage | **Essential**

Health literacy articles (4 items)

Making it easier: a health literacy action plan 2017-2025, by Population Health Directorate, 2017

Book | **Essential**

Health literacy: applying current concepts to improve health services and reduce health inequalities - in Public Health, by R.W. Batterham; M. Hawkins; P.A. Collins; R. Buchbinder; R.H. Osborne, 2016-03

Article | **Recommended**

Functional, communicative and critical health literacy of chronic disease patients and their importance for self-management - in Patient Education and Counseling, by Monique Heijmans; Geeke Waverijn; Jany Rademakers; Rosalie van der Vaart; Mieke Rijken, 2015-01

[Article](#) | [Background](#)

Health literacy and adherence to medical treatment in chronic and acute illness: A meta-analysis - in Patient Education and Counseling, by Tricia A. Miller, 2016-07

[Article](#) | [Background](#)

Week 3 (1 items)

Knowledge: A Very Short Introduction, by Jennifer Nagel, 2014-09-25

[Book](#) | [Background](#) | Philosophy - introduction used in class to introduce ideas behind method of inquiry

Week 4

Week 5

Week 6

Week 7

Week 8

Week 9

Week 10

Week 11

Week 19

Study materials (8 items)

Public Health Briefings | ScotPHN

[Webpage](#)

Understanding Health Research Home

[Website](#)

Why is changing health-related behaviour so difficult? - in Public Health, by Michael P. Kelly; Mary Barker, 2016-07

[Article](#)

Psychology of Physical Activity : Determinants, Well-Being and Interventions, 3rd Edition, by Stuart J. H. Biddle, , Nanette Mutrie, , and Trish Gorely, 2015

Book | **Recommended** | core text focussed on psychology of physical activity.

Individual-Level Behavior Change Strategies to Promote Physical Activity - in Physical Activity Across the Lifespan, by Kyle J. Davis; Samuel Hubley; Jenn Leiferman, edited by Aleta L. Meyer; Thomas P. Gullotta, 2012

Chapter | **Recommended**

Person-centred communication: theory, skills and practice, by Renate Motschnig-Pitrik; Ladislav Nykl, 2014

Book | **Background**

Behaviour change techniques: the development and evaluation of a taxonomic method for reporting and describing behaviour change interventions (a suite of five studies involving consensus methods, randomised controlled trials and analysis of qualitative data) - in Health Technology Assessment, by Susan Michie; Caroline E Wood; Marie Johnston; Charles Abraham; Jill J Francis; Wendy Hardeman, 2015-11

Article | **Recommended**

Everything you need to know about statistics — on a postcard: Are you baffled by the barrage of statistical claims that fill our newspapers and social media feeds? Tim Harford offers a citizens' guide to numbers that can steer you through a world of misleading claims [Europe Region] - in Financial Times, by Tim Harford

Article

Articles related to case studies (78 items)

We will add articles here if we think they may be of interest

Resources relating to health, social and community services (3 items)

RSPH | The Healthy Lives Photography Commission

Webpage | **Essential** | The Healthy Lives Photography Commission

In February 2018, photographer Matt Writtle was commissioned by RSPH and The Health Foundation to produce a series of images that would illustrate the social, economic and environmental factors that influence the public's health, from money and employment to housing and community networks.

The aim of the commission was to build public and political understanding of just how much of what makes us healthy sits outside of healthcare, and the inequality caused by the unequal distribution of these factors. Ultimately, it aims to stimulate debate and action on these issues in order to create health and wellbeing for all.

The resulting series of 40 images, produced by Matt over the course of two months in his home town of Chesham, follows a number of individuals and groups through their daily lives in an attempt to throw these health-influencing factors into relief. Explore the images through the seven photo sets and view the video.

The Zubairi Report

Webpage | This report is a wonderful analysis of the many factors interacting to create risk factors for loneliness and isolation, but also to make this a public health issue. The suggestions for change also help generate the 'big picture' as they span policy, environment, health and social care amongst others.

NHS Lothian

Webpage | This is the official website of NHS Lothian. AHPs working in Lothian area could guide their patients to this website first as there are many information about various medical conditions in lay terms for everyone to easily understand. In this site there are links to NHS services which include a comprehensive range of primary, community-base and acute hospital services.

Resources relating to mental health and depression (7 items)

See Me | End Mental Health Stigma and Discrimination

Website | See me is Scotland's programme to tackle mental health stigma and discrimination. They are funded by Scottish government and Comic relief and are managed by SAMH and Mental Health Foundation.

Action on Depression - Mental Health Support | Elament

Webpage | Self-help groups, online CBT-based courses, online chats, providing support, raising awareness of depression and the treatment options available.

Scotland | Mental Health Foundation

Webpage | UK's mental health charity body. They provide ground-breaking evidence and practice informed programmes. They offer straightforward information and tools for everyone, also authoritative reports and evidence and they influence policy makers.

Anxiety and Depression Support Groups

Webpage | The Depression and Anxiety Support Group is a friendly user-led support group and it's open to any adults affected by depression, low mood, stress or anxiety. It offers the opportunity for confidential local support, contact with others in a similar situation and the opportunity to explore positive ways of coping with depression.

Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down - phone 0800 83 85 87

Website | Breathing Space was launched in 2002 to address serious concerns about the mental wellbeing of people in Scotland. The service became a national phoneline in 2004. Breathing Space complements the work of other phonelines and agencies which are endeavouring to reduce suicide rates in Scotland. The advisors come from a range of mental health, counselling and social work backgrounds. There is an equal ratio of male to female advisors, who may be part-time or full-time. Breathing Space is not a volunteer service.

How to look after your mental health using exercise | Mental Health Foundation

Webpage | Recommended | Good health literacy document

[Home](#) | [Mind, the mental health charity - help for mental health problems](#)

[Website](#)

Resources relating to Addiction (12 items)

Addiction Helpline

[Webpage](#) | Addiction helpline, it offers free, confidential advice to those who are affected by addiction, either directly or indirectly available 24hours a day.

MIDLOTHIAN & EAST LoTHIAN DRUGS & ALCOHOL PARTNERSHIP - MELDAP

[Webpage](#) | Midlothian and East Lothian drugs and alcohol partnership. They work with any adult affected by a loved one's substance misuse. This support includes a one to one counselling approach, drugs education, complimentary therapies and stress management and a group work programme that takes place across Mid and East Lothian.

Addaction

[Website](#) | Addaction. A specialist drug and alcohol treatment charity. Services include family support and services for young people.

Phoenix Futures

[Website](#) | Phoenix Futures. Provide a range of services in Scotland including a residential detoxification and rehabilitation programme, alcohol and drug day programmes, individual and group support programmes. They also provide a comprehensive range of interventions across the Scottish Prison Service estate.

Home - Know the Score

[Website](#) | Know the Score. Website provides information and advice about drugs and the associated health risks.

Crew 2000 – Mind altering

[Website](#) | Crew. Provides information about psychostimulant drugs (particularly NPS – legal highs) and the dangers of using them including harm reduction information so people can make informed choices.

Substance misuse | Turning Point Scotland

[Webpage](#) | Turning Point Scotland. Manages substance use services ranging from residential units to community-based services. Also provides services for substance users in the criminal justice system.

Scottish Recovery Consortium | Home

[Website](#) | Scottish recovery consortium. Coordinates action across Scotland to promote the recovery of individuals, family members and communities from drug problems and addiction

Home - SDF - Scottish Drugs Forum

[Website](#) | Scottish Drugs Forum. Improves the quality, range and effectiveness of service and policy responses to problematic drug use in Scotland, works to reduce future and recurring problematic drug use, and promotes and sustains recovery from drug problems.

Solvent abuse advice and support - Re-Solv: UK's solvent abuse charity

[Website](#) | A helpline and email for anyone whose life is affected by volatile substance abuse.

Release | Drugs, The Law & Human Rights

[Website](#) | Provides free and confidential advice about drugs and drugs law to the public and professionals. Service includes a helpline.

Scottish Families Affected by Alcohol & Drugs | Support for Yourself and Your Loved One

[Website](#) | Scottish families affected by alcohol and drugs. SFAD is the hub of a network of support groups across Scotland. SFAD provides support to family members and friends who have been affected by the substance use of a relative or loved one. We help raise awareness of issues affecting them as well as providing information, help and support through a wide variety of resources. They also offer bereavement support services.

Resources related to homelessness (11 items)**Homeless Action Scotland**

[Website](#)

Homelessness links for Glasgow, Edinburgh and rest of Scotland - Shelter Scotland

[Webpage](#)

Bethany Christian Trust - Ending homelessness in Scotland...one person at a time.

[Website](#)

Home - Cyrenians

[Website](#)

Four Square Homeless Charity Edinburgh

[Website](#)

Transforming lives in every community | The Salvation Army

[Website](#)

Streetwork - Enabling a life off the streets

[Website](#)

Information & Support | Scottish Women's Aid

[Webpage](#)

YMCA Scotland Annual Report 2016

[Website](#)

“A Mile in Her Shoes”: A qualitative exploration of the perceived benefits of volunteer led running groups for homeless women - in Health & Social Care in the Community, by Jo Dawes; Charlotte Sanders; Rebecca Allen, 2019-04-21

[Article](#) | **Recommended**

Homeless people’s access to primary care physiotherapy services: an exploratory,

mixed-method investigation using a follow-up qualitative extension to core quantitative research - in BMJ Open, by Jo Dawes; Stuart Deaton; Nan Greenwood, 2017-06

Article

Resources relating to Case Study: Adam (13 items)

Parenting across Scotland: supporting parents and families in Scotland

Website

Children's Services | Scottish Autism

Webpage

Kids Classes & Activities in Musselburgh

Webpage

Top 10 Kids Activities & Classes in Musselburgh | January 2019 - Hoop

Webpage

First Step Musselburgh

Webpage

Eastspace - Stress Control Class (NHS Lothian)

Webpage

What we offer - CHANGES

Webpage

12 Tips to Reduce Your Child's Stress and Anxiety | Psychology Today

Webpage

Project briefing | NHS Forest

Webpage | Background

New Vitamin D recommendations - information for new parents, 2017

Document | Recommended

Academic resources (3 items)

Parents' perspectives of change in child physical activity & screen-viewing between Y1 (5-6) & Y4 (8-9) of primary school: implications for behaviour change - in BMC Public Health, by Russell Jago; Emma Solomon-Moore; Zoi Toumpakari; Deborah A. Lawlor; Janice L. Thompson; Simon J. Sebire, 2018-12

Article

A feasibility study with process evaluation of a preschool intervention to improve child and family lifestyle behaviours - in BMC Public Health, by Lorraine McSweeney; Vera Araújo-Soares; Tim Rapley; Ashley Adamson, 2017-12

Article

Trajectories of anxiety in a population sample of children: Clarifying the role of children's

behavioral characteristics and maternal parenting - in Development and Psychopathology, by Stéphane Duchesne; Simon Larose; Frank Vitaro; Richard E. Tremblay, 2010-5

Article

Resources relating to Case Study: Darren (6 items)

Cruse Bereavement Care Scotland - Home

Website

Bereavement support in Scotland - mygov.scot

Webpage

Support Around Death Scotland | Support Around Death

Website

Academic resources (2 items)

Escaping homelessness: anticipated and perceived facilitators - in Journal of Community Psychology, by Allisha Patterson; Roger Tweed, 2009-09

Article

The dual process model of coping with bereavement: Rationale and description - in Death Studies, by Margaret Stroebe, Henk Schut, 1999-03

Article

Health outcomes of bereavement - in The Lancet, by Margaret Stroebe; Henk Schut; Wolfgang Stroebe, 2007-12

Article

Resources relating to Case Study: Janice and Malcolm (15 items)

Ageing (2 items)

HAGIS

Website

Age Scotland | Working with and for older people in Scotland

Webpage

Social Care (4 items)

Carers Scotland

Webpage

The Scottish Social Services Council - Scottish Social Services Council

Website

Social care for ageing people in Scotland

[Webpage](#)

Activities: a guide for carers of people with dementia | Alzheimer Scotland

[Webpage](#)

Alzheimer's Disease (4 items)

Alzheimer Scotland Action for Dementia.

[Website](#)

Dementia Help and Support - Alzheimer Scotland

[Website](#)

Dementia Resources for people with dementia, carers and professionals - NHS Scotland

[Webpage](#)

Support for carers | Care Information Scotland

[Webpage](#)

Academic resources (5 items)

Chronic stress and immunity in family caregivers of Alzheimer's disease victims. - in Psychosomatic Medicine, by J K Kiecolt-Glaser; R Glaser; E C Shuttleworth; C S Dyer; P Ogrocki; C E Speicher, 1987-09

[Article](#)

The family caregiver's role in Alzheimer's disease - in Neurology, by W. E. Haley, 1997-05-01

[Article](#)

Factors Underlying Caregiver Stress in Frontotemporal Dementia and Alzheimer's Disease - in Dementia and Geriatric Cognitive Disorders, by Eneida Mioshi; Matt Bristow; Rachel Cook; John R. Hodges, 2009

[Article](#)

Social exclusion in adult informal carers: A systematic narrative review of the experiences of informal carers of people with dementia and mental illness - in Maturitas, by Nan Greenwood; Gillian Mezey; Raymond Smith, 2018-06

[Article](#)

Prioritizing problems in and solutions to homecare safety of people with dementia: supporting carers, streamlining care - in BMC Geriatrics, by Lorainne Tudor Car; Mona El-Khatib; Robert Perneczky; Nikolaos Papachristou; Rifat Atun; Igor Rudan; Josip Car; Charles Vincent; Azeem Majeed, 2017-12

[Article](#)

Resources relating to Case Study: Hayyan (9 items)

Eastspace - Stress Control Class (NHS Lothian)

Webpage

Stressed and anxious

Webpage

Help, advice, information for refugees and asylum seekers in Scotland | Scottish Refugee Council

Website

Refugee Survival Trust | Preventing refugee destitution in Scotland

Website

Offer help to refugees settling in Edinburgh | Refugee resettlement | The City of Edinburgh Council

Webpage

UNHCR- Teen Spirit: Edinburgh students help Syrian refugees to integrate

Webpage

Scottish refugee integration service | WEA

Webpage

Academic resources (2 items)

EMDR for Syrian refugees with posttraumatic stress disorder symptoms: results of a pilot randomized controlled trial - in European Journal of Psychotraumatology, by Ceren Acarturk; Emre Konuk; Mustafa Cetinkaya; Ibrahim Senay; Marit Sijbrandij; Pim Cuijpers; Tamer Aker, 2015-12

Article

Loss of loved ones or home due to a disaster: Effects over time on distress in immigrant ethnic minorities - in Transcultural Psychiatry, by Geert E. Smid; Annelieke N. Drogendijk; Jeroen Knipscheer; Paul A. Boelen; Rolf J. Kleber, 2018-10

Article

An ethnographic investigation of healthcare providers' approaches to facilitating person-centredness in group-based diabetes education - in Scandinavian Journal of Caring Sciences, by Vibeke Stenov; Nana Folmann Hempler; Susanne Reventlow; Gitte Wind, 2018-06

Article | Essential

A survey of exercise professionals' barriers and facilitators to working with stroke survivors - in Health & Social Care in the Community, by Marie Condon; Marie Guidon, 2018-03

Article

Assessment-related resources (6 items)

Annotated bibliographies - guidance and examples (5 items)

Structure and organisation | Annotated bibliographies | Library | University of Leeds

[Webpage](#)

Annotated bibliography: in very brief - Oxford Brookes University

[Webpage](#)

Annotated bibliographies | Learning Lab

[Webpage](#)

Health and Human Rights: Annotated Bibliography

[Document](#) | [Background](#) | This is an example and explores topics related to health equity

Choices and Changes: Motivating Healthy Behavior Annotated bibliography

[Document](#) | [Background](#) | This is an example of an annotated bibliography for reference. Is not current and also based in USA. You will need to find more current and local articles to relate to your case study.

Introduction - Aistien Menetelm

[Webpage](#) | [Recommended](#)

BJ Fogg's Behavior Model

[Website](#) | [Background](#)

PAWS students - Sustainable physical activity (22 items)

Physical Activity for global health and sustainable development
-Bangkok-Declaration-Long.pdf

[Document](#) | [Essential](#) | Easy read overview of connection between sustainable development , physical activity and health.

The Bangkok Declaration on Physical Activity for Global Health and Sustainable Development - in British Journal of Sports Medicine, 2017-10

[Article](#) | [Essential](#) | PAWS students

Green Blue And Wild Spaces Final - Health and Social Care Alliance Scotland

[Webpage](#) | [Essential](#) | Read this promotional article supporting the value of access to outdoor spaces for addressing health inequalities.

Exploring the interconnections between gender, health and nature - in Public Health, by S. MacBride-Stewart; Y. Gong; J. Antell, 2016-12

[Article](#) | [Essential](#) | This an interesting review article that will introduce you to arguments for and against the value of outdoor spaces for health from a gendered perspective. First read- Green blue and wild spaces, then read this article. How does this inform your work promoting sustainable physical activity/ active travel?

Investments that Work for Physical Activity - in British Journal of Sports Medicine, 2012-08

[Article](#) | [Essential](#) | PAWS students

Is there such a thing as sustainable physical activity? - in Scandinavian Journal of Medicine & Science in Sports, by H. B. Bjørnarå; M. K. Torstveit; T. H. Stea; E. Bere, 2017-03

[Article](#) | [Essential](#)

DELIVERING CHANGE THAT LASTS: Health and Wellness Coaching Competencies for Exercise Professionals - in ACSM's Health & Fitness Journal

[Article](#) | [Essential](#)

Home - greenspace scotland

[Website](#) | [Background](#) | greenspace scotland is a social enterprise and an independent charitable company. We work with a wide range of local and national partners to support the planning, development and sustainable management of greenspaces and green networks as a key part of the green infrastructure of our towns and cities.

Towards more physical activity: Transforming public spaces to promote physical activity — a key contributor to achieving the Sustainable Development Goals in Europe (2017)

[Document](#) | [Recommended](#) | Sustainable travel; wellbeing ; public health

Healthy and sustainable diet and physical activity: the rationale for and experiences from developing a combined summary score. - in Scandinavian Journal Of Public Health, by Bjørnarå HB; Department of Public Health, Sport and Nutrition, Faculty of Health and Sport Sciences, University of Agder, Norway.Torstveit MK; Department of Public Health, Sport and Nutrition, Faculty of Health and Sport Sciences, University of Agder, Norway.Bere E; Department of Public Health, Sport and Nutrition, Faculty of Health and Sport Sciences, University of Agder, Norway., 2018

[Article](#) | [Recommended](#) | PAWS students- this paper provides support for a tool that you could use to measure healthy diet and physical activity scores of participants in your planned physical activity

Scotland's National Cycling Organisation - Cycling Scotland

[Website](#) | [Background](#)

Paths for all

[Webpage](#) | [Background](#)

Sustrans | Join the movement

[Website](#) | [Background](#) | PAWS

Green Prescribing - how it works

[Webpage](#) | [Background](#)

Moving Forward: Physiotherapy for Musculoskeletal Health and Wellbeing

[Document](#) | [Background](#)

Moving Matters - Interventions To Increase Physical Activity

[Webpage](#) | [Recommended](#)

The Sustainable Playable City: Making Way for the Playful Citizen - in Making Smart Cities

More Playable, by Miriam Börjesson Rivera; Tina Ringenson; Daniel Pargman, edited by Anton Nijholt, 2020

Chapter | Background

Social Influence and Sustainable Behavior - in Social Influence and Sustainable Consumption, by Elizabeth B. Goldsmith; Ronald E. Goldsmith; Todd Bacille, 2015

Chapter | Background | This chapter reintroduces social influence as it relates to sustainability and recommends the use of social marketing strategies to promote it. Sustainable behavior can be encouraged through legal/regulatory means, economic incentives, by formal persuasive strategies, and by social influence. The latter is the context of this chapter. For the purposes of this chapter, we define sustainable behavior consistently with how the Bundtland Report and previous chapters present this topic. Thus, we understand sustainable behavior to mean, "... meeting the needs of the present without compromising the ability of future generations to meet their own needs." This general definition is consistent with other common ones. For example, the U.S. Environmental Protection Agency (EPA) states that: Everything that we need for our survival and well-being depends, either directly or indirectly, on our natural environment. Sustainability creates and maintains the conditions under which humans and nature can exist in productive harmony, that permit fulfilling the social, economic and other requirements of present and future generations. A simpler statement says: "... sustainability is improving the quality of human life while living within the carrying capacity of supporting eco-systems" (IUCN/UNEP/WWF 1991). Thus, we assume explicitly that sustainable behavior is a desirable goal for both individuals and society.

Social determinants and lifestyles: integrating environmental and public health perspectives - in Public Health, by H. Graham; P.C.L. White, 2016-12

Article | Background | Chronic disease and environmental change share common causes.

Key to both are the lifestyles characteristic of high-income societies.

Like health, the planetary environment is shaped by the social determinants of health.

Social determinants of health and environmental frameworks can be aligned.

Health damaging and environmentally damaging lifestyles show contrasting social gradients.

The Triple Bottom Line: An Integrated Approach to Physical Activity

Article | Recommended | Presentation from Western Australia- govt approach to promoting physical activity from a sustainability perspective- the triple bottom line. Review this, and then look for policies or approaches that the UK and Scottish governments are adopting. Can you find any evidence of the triple bottom line in local approaches to promoting physical activity?

Climate change, physical activity and sport: a systematic review, by Paquito Bernard, 2020/5/4

Article | Recommended | Review article

Is there such a thing as sustainable physical activity? - in Scandinavian Journal of Medicine & Science in Sports, by H. B. Bjørnarå; M. K. Torstveit; T. H. Stea; E. Bere, 2017-03

Article | Essential

SCVO - Improving the health of Scotland's people

[Webpage](#) | **Recommended** | health behaviour change

Health and Wellbeing Board Toolkit

[Webpage](#) | **Recommended**

Listening Conversations – Community Renewal

[Webpage](#) | **Recommended** | Health behaviour - community renewal

The family caregiver's role in Alzheimer's disease - in Neurology, by W. E. Haley, 1997-05-01

[Article](#) | Module: D2173/P2144 (Scanned Extract)

Chronic stress and immunity in family caregivers of Alzheimer's disease victims. - in Psychosomatic Medicine, by J K Kiecolt-Glaser; R Glaser; E C Shuttlesworth; C S Dyer; P Ogrocki; C E Speicher, 1987-09

[Article](#) | Module: D2173/P2144 (Scanned Extract)