



**VA Boston Healthcare System
1400 VFW Parkway
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Lifestyle Medicine Rotation Syllabus

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HEALTH BEHAVIOR CHANGE PRINCIPLES AND SELF-MODIFICATION PROJECT

Learning objectives:

1. Describe basic constructs of the transtheoretical model, including stages of change, self-efficacy, decisional balance, and processes of change.
2. Describe basic constructs of self-determination theory, including extrinsic/intrinsic motivational continuum.
3. Develop and implement a personal health behavior change plan during the rotation, which incorporates understanding of principles from the transtheoretical model and self-determination theory.
4. Summarize health behavior counseling skills that could be applied, based on discussions, readings, and personal health behavior change experience.
5. Identify lifestyle medicine approaches specifically relevant to older adults.

PART ONE

- A. Review transtheoretical model theory constructs
- B. Review self-determination theory constructs
 - a. Analyze SDT-based motivation continuum in light of current health behaviors
- C. Develop health behavior change plan to implement during rotation
 - a. Determine a general health behavior goal
 - b. Complete Transtheoretical Model Constructs self-assessment worksheets
 - i. Stage-of-Change

- ii. Decisional Balance
 - iii. Self-Efficacy
 - c. Establish SMART goal(s) to accomplish during rotation
 - d. Complete processes-of-change worksheet to plan strategies of implementation to accomplish SMART goal(s)
 - i. Address obstacles and barriers listed in decisional balance and self-efficacy worksheets.
 - ii. Utilize self-regulation strategies
 - 1. Willpower research
 - 2. Operant and classical conditioning research
 - 3. Self-determined extrinsic motivation

Write health behavior change plan based on above activities

Readings to be completed to prepare for Part 1:

Cancer Prevention Research Center (2017). *Detailed overview of the transtheoretical model*. University of Rhode Island. Available at: <http://web.uri.edu/cprc/detailed-overview/>

Ryan, R. & Deci, E. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68-78

PART TWO

- A. Review daily logs & progress on health behavior plan
- B. Modify plan after analysis of successes, obstacles, and strategies
- C. Discuss lifestyle medicine interventions and older adults
- D. Review readings

Readings to be completed to prepare for Part 2:

USDHHS (2008). Physical activity guidelines for older adults. Available at: <https://health.gov/paguidelines/guidelines/chapter5.aspx>

Dacey, M., Zaichkowsky, L., & Baltzell, A. (2008). Older adults' intrinsic and extrinsic motivation toward physical activity. *American Journal of Health Behavior*, 32(6), 570-582.

Ryan, R., Patrick, H., Deci, E., Williams, G. (2008). Facilitating health behavior change and its maintenance: Interventions based on self-determination theory. *The European Health Psychologist*, 10.

Segar, M. and Richardson, C. (2014). Prescribing pleasure and meaning: Cultivating walking motivation and maintenance. *American Journal of Preventive Medicine*, 47(6), 838-841.

PART THREE

- Final presentation includes discussion of personal health behavior change activity
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Additional recommended readings:

Baumeister, R. & Tierney, J. (2011). *Willpower: Discovering the greatest human strength*. New York: Penguin Press.

Kimiecik, J. (2002). *The Intrinsic Exerciser: Discovering the joy of exercise*. NY: Mariner Books.

McGonigal, K. (2012). *The Willpower Instinct: How self-control works, why it matters, and what you can do to get more of it*. New York, NY: Penguin Books.

Segar, M. (2015). *No sweat: How the simple science of motivation can bring you a lifetime of fitness*. New York: Amacon.