

IEHC0056: Health and Behaviour

View Online



[1]

Abraham, C. et al. 1999. Cognitive predictors of adherence to malaria prophylaxis regimens on return from a malarious region: a prospective study. *Social Science & Medicine*. 48, 11 (June 1999), 1641-1654. [https://doi.org/10.1016/S0277-9536\(98\)00455-9](https://doi.org/10.1016/S0277-9536(98)00455-9).

[2]

Abraham, C. 2008. *Health psychology*. Hodder Education.

[3]

Abraham, C. and Michie, S. 2008. A taxonomy of behavior change techniques used in interventions. *Health Psychology*. 27, 3 (2008), 379-387. <https://doi.org/10.1037/0278-6133.27.3.379>.

[4]

Ajzen, I. and Fishbein, M. 2004. Questions raised by a reasoned action approach: comment on Ogden (2003). *Health Psychology*. 23, 4 (2004), 431-434.

[5]

Armitage, C.J. and Conner, M. 2001. Efficacy of the Theory of Planned Behaviour: A meta-analytic review. *British Journal of Social Psychology*. 40, 4 (Dec. 2001), 471-499. <https://doi.org/10.1348/014466601164939>.

[6]

Bauman, A.E. et al. 2012. Correlates of physical activity: why are some people physically active and others not? *The Lancet*. 380, 9838 (July 2012), 258–271.
[https://doi.org/10.1016/S0140-6736\(12\)60735-1](https://doi.org/10.1016/S0140-6736(12)60735-1).

[7]

Birch, L.L. 1999. DEVELOPMENT OF FOOD PREFERENCES. *Annual Review of Nutrition*. 19, 1 (July 1999), 41–62. <https://doi.org/10.1146/annurev.nutr.19.1.41>.

[8]

Bischoff, S.C. et al. 2016. Towards a multidisciplinary approach to understand and manage obesity and related diseases. *Clinical Nutrition*. (Nov. 2016).
<https://doi.org/10.1016/j.clnu.2016.11.007>.

[9]

Briggs, ADM et al. 2017. A health impact assessment of the UK soft drinks industry levy: a comparative risk assessment modelling study. (2017).

[10]

Bunn, J.Y. et al. 2002. Factors Influencing Intention to Obtain a Genetic Test for Colon Cancer Risk: A Population-Based Study. *Preventive Medicine*. 34, 6 (June 2002), 567–577.
<https://doi.org/10.1006/pmed.2002.1031>.

[11]

Carnell, S. and Wardle, J. 2008. Appetitive traits and child obesity: measurement, origins and implications for intervention. *Proceedings of the Nutrition Society*. 67, 04 (Nov. 2008).
<https://doi.org/10.1017/S0029665108008641>.

[12]

Carpenter, C.J. 2010. A Meta-Analysis of the Effectiveness of Health Belief Model Variables in Predicting Behavior. *Health Communication*. 25, 8 (Nov. 2010), 661–669.
<https://doi.org/10.1080/10410236.2010.521906>.

[13]

Davis, R. et al. 2015. Theories of behaviour and behaviour change across the social and behavioural sciences: a scoping review. *Health Psychology Review*. 9, 3 (Aug. 2015), 323–344. <https://doi.org/10.1080/17437199.2014.941722>.

[14]

Dombrowski, S.U. et al. 2012. Identifying active ingredients in complex behavioural interventions for obese adults with obesity-related co-morbidities or additional risk factors for co-morbidities: a systematic review. *Health Psychology Review*. 6, 1 (Mar. 2012), 7–32. <https://doi.org/10.1080/17437199.2010.513298>.

[15]

Fildes, A. et al. 2014. Parent-Administered Exposure to Increase Children's Vegetable Acceptance: A Randomized Controlled Trial. *Journal of the Academy of Nutrition and Dietetics*. 114, 6 (June 2014), 881–888. <https://doi.org/10.1016/j.jand.2013.07.040>.

[16]

Fisher, A. et al. 2011. Psychosocial correlates of objectively measured physical activity in children. *The European Journal of Public Health*. 21, 2 (Apr. 2011), 145–150. <https://doi.org/10.1093/eurpub/ckq034>.

[17]

FLOYD, D.L. et al. 2000. A Meta-Analysis of Research on Protection Motivation Theory. *Journal of Applied Social Psychology*. 30, 2 (Feb. 2000), 407–429. <https://doi.org/10.1111/j.1559-1816.2000.tb02323.x>.

[18]

Gardner, B. et al. 2012. Making health habitual: the psychology of 'habit-formation' and general practice. *British Journal of General Practice*. 62, 605 (Dec. 2012), 664–666. <https://doi.org/10.3399/bjgp12X659466>.

[19]

Gardner, B. et al. 2010. Using theory to synthesise evidence from behaviour change

interventions: The example of audit and feedback. *Social Science & Medicine*. 70, 10 (May 2010), 1618–1625. <https://doi.org/10.1016/j.socscimed.2010.01.039>.

[20]

Godin, G. et al. 2008. Asking questions changes behavior: Mere measurement effects on frequency of blood donation. *Health Psychology*. 27, 2 (2008), 179–184. <https://doi.org/10.1037/0278-6133.27.2.179>.

[21]

Godin, G. et al. 2010. Which survey questions change behavior? Randomized controlled trial of mere measurement interventions. *Health Psychology*. 29, 6 (2010), 636–644. <https://doi.org/10.1037/a0021131>.

[22]

Gollwitzer, P.M. and Sheeran, P. 2006. Implementation Intentions and Goal Achievement: A Meta-analysis of Effects and Processes. *Advances in Experimental Social Psychology* Volume 38. 38, (2006), 69–119. [https://doi.org/10.1016/S0065-2601\(06\)38002-1](https://doi.org/10.1016/S0065-2601(06)38002-1).

[23]

Great Britain. Department of Health 2004. *Choosing health: making healthy choices easier*. Stationery Office.

[24]

Grimm, E.R. and Steinle, N.I. 2011. Genetics of eating behavior: established and emerging concepts. *Nutrition Reviews*. 69, 1 (Jan. 2011), 52–60. <https://doi.org/10.1111/j.1753-4887.2010.00361.x>.

[25]

Harrison, J.A. et al. 1992. A meta-analysis of studies of the Health Belief Model with adults. *Health Education Research*. 7, 1 (1992), 107–116. <https://doi.org/10.1093/her/7.1.107>.

[26]

Hawkes, C. et al. 2015. Smart food policies for obesity prevention. *The Lancet*. 385, 9985 (June 2015), 2410–2421. [https://doi.org/10.1016/S0140-6736\(14\)61745-1](https://doi.org/10.1016/S0140-6736(14)61745-1).

[27]

Isobel R Contento 2008. Nutrition Education: Linking Research, Theory, and Practice. *Asia Pacific Journal of Clinical Nutrition*. 17, S1 (2008), 176–179. <https://doi.org/10.6133/apjcn.2008.17.s1.42>.

[28]

Lally, P. et al. 2011. Experiences of habit formation: A qualitative study. *Psychology, Health & Medicine*. 16, 4 (Aug. 2011), 484–489. <https://doi.org/10.1080/13548506.2011.555774>.

[29]

Lally, P. et al. 2010. How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*. 40, 6 (Oct. 2010), 998–1009. <https://doi.org/10.1002/ejsp.674>.

[30]

Lavin, D. and Groarke, A. 2005. Dental floss behaviour: A test of the predictive utility of the Theory of Planned Behaviour and the effects of making implementation intentions. *Psychology, Health & Medicine*. 10, 3 (Aug. 2005), 243–252. <https://doi.org/10.1080/13548500412331334127>.

[31]

Llewellyn, C.H. et al. 2011. Development and factor structure of the Baby Eating Behaviour Questionnaire in the Gemini birth cohort. *Appetite*. 57, 2 (Oct. 2011), 388–396. <https://doi.org/10.1016/j.appet.2011.05.324>.

[32]

Michie, S. et al. 2011. A refined taxonomy of behaviour change techniques to help people change their physical activity and healthy eating behaviours: The CALO-RE taxonomy. *Psychology & Health*. 26, 11 (Nov. 2011), 1479–1498. <https://doi.org/10.1080/08870446.2010.540664>.

[33]

Michie, S. et al. 2009. Effective techniques in healthy eating and physical activity interventions: A meta-regression. *Health Psychology*. 28, 6 (2009), 690–701.

[34]

Michie, S. et al. 2011. The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implementation Science*. 6, 1 (Dec. 2011). <https://doi.org/10.1186/1748-5908-6-42>.

[35]

Michie, S. and Prestwich, A. 2010. Are interventions theory-based? Development of a theory coding scheme. *Health Psychology*. 29, 1 (2010), 1–8.

[36]

Milne, S. et al. 2002. Combining motivational and volitional interventions to promote exercise participation: Protection motivation theory and implementation intentions. *British Journal of Health Psychology*. 7, 2 (2002), 163–184.

[37]

Obesity: identification, assessment and management | Guidance and guidelines | NICE: <https://www.nice.org.uk/guidance/cg189>.

[38]

Obesity prevention | Guidance and guidelines | NICE: <https://www.nice.org.uk/guidance/cg43>.

[39]

Ogden, J. 2012. *Health psychology*. Open University Press.

[40]

Ogden, J. 2003. Some problems with social cognition models: A pragmatic and conceptual analysis. *Health Psychology*. 22, 4 (2003), 424–428. <https://doi.org/10.1037/0278-6133.22.4.424>.

[41]

Pesch, M.H. and Lumeng, J.C. 2017. Methodological considerations for observational coding of eating and feeding behaviors in children and their families. *International Journal of Behavioral Nutrition and Physical Activity*. 14, 1 (Dec. 2017). <https://doi.org/10.1186/s12966-017-0619-3>.

[42]

Popova, L. 2012. The Extended Parallel Process Model: Illuminating the Gaps in Research. *Health Education & Behavior*. 39, 4 (Aug. 2012), 455–473. <https://doi.org/10.1177/1090198111418108>.

[43]

Rippetoe, P.A. and Rogers, R.W. 1987. Effects of components of protection-motivation theory on adaptive and maladaptive coping with a health threat. *Journal of Personality and Social Psychology*. 52, 3 (1987), 596–604. <https://doi.org/10.1037/0022-3514.52.3.596>.

[44]

S, M. et al. Effective Techniques in Healthy Eating and Physical Activity Interventions: A Meta-Regression. *Health Psychology*. 28, 6, 690–701.

[45]

Smith, A.D. et al. 2016. Genetic and environmental influences on food preferences in adolescence. *The American Journal of Clinical Nutrition*. 104, 2 (Aug. 2016), 446–453. <https://doi.org/10.3945/ajcn.116.133983>.

[46]

Sniehotta, F.F. et al. 2014. Time to retire the theory of planned behaviour. *Health Psychology Review*. 8, 1 (Jan. 2014), 1–7. <https://doi.org/10.1080/17437199.2013.869710>.

[47]

Steptoe, A. 2010. The role of behaviour in health. Health psychology. BPS Blackwell.

[48]

Wardle, J. et al. 2001. Development of the Children's Eating Behaviour Questionnaire. Journal of Child Psychology and Psychiatry. 42, 7 (Oct. 2001), 963-970.
<https://doi.org/10.1111/1469-7610.00792>.

[49]

Webb, T.L. and Sheeran, P. Does Changing Behavioral Intentions Engender Behavior Change? A Meta-Analysis of the Experimental Evidence. Psychological Bulletin. 132, 2, 249-268.

[50]

Weinstein, N.D. 2007. Misleading tests of health behavior theories. Annals of Behavioral Medicine. 33, 1 (Feb. 2007), 1-10. https://doi.org/10.1207/s15324796abm3301_1.

[51]

Witte, K. 1994. Fear control and danger control: A test of the extended parallel process model (EPPM). Communication Monographs. 61, 2 (June 1994), 113-134.
<https://doi.org/10.1080/03637759409376328>.

[52]

Witte, K. and Allen, M. 2000. A Meta-Analysis of Fear Appeals: Implications for Effective Public Health Campaigns. Health Education & Behavior. 27, 5 (Oct. 2000), 591-615.
<https://doi.org/10.1177/109019810002700506>.

[53]

attitudes-to-obesity.pdf.