

# IEHC0056: Health and Behaviour

View Online



---

[1]

C. Abraham, Health psychology, vol. Topics in applied psychology. London: Hodder Education, 2008.

[2]

J. Ogden, Health psychology, 5th ed. Maidenhead: Open University Press, 2012. Available: <http://www.vlebooks.com/vleweb/product/openreader?id=UCL&isbn=9780335243846>

[3]

A. Steptoe, 'The role of behaviour in health', in Health psychology, 2nd ed. Chichester: BPS Blackwell, 2010.

[4]

C. Abraham and S. Michie, 'A taxonomy of behavior change techniques used in interventions.', Health Psychology, vol. 27, no. 3, pp. 379–387, 2008, doi: 10.1037/0278-6133.27.3.379. Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00003615-200805000-00012&LSLINK=80&D=ovft>

[5]

R. Davis, R. Campbell, Z. Hildon, L. Hobbs, and S. Michie, 'Theories of behaviour and behaviour change across the social and behavioural sciences: a scoping review', Health Psychology Review, vol. 9, no. 3, pp. 323–344, Aug. 2015, doi: 10.1080/17437199.2014.941722

[6]

Great Britain. Department of Health, *Choosing health: making healthy choices easier*, vol. Cm. London: Stationery Office, 2004. Available: <http://dera.ioe.ac.uk/5493>

[7]

S. Michie, M. M. van Stralen, and R. West, 'The behaviour change wheel: A new method for characterising and designing behaviour change interventions', *Implementation Science*, vol. 6, no. 1, Dec. 2011, doi: 10.1186/1748-5908-6-42

[8]

T. L. Webb and P. Sheeran, 'Does Changing Behavioral Intentions Engender Behavior Change? A Meta-Analysis of the Experimental Evidence', *Psychological Bulletin*, vol. 132, no. 2, pp. 249–268, Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00006823-200603000-00004&LSLINK=80&D=ovft>

[9]

K. Witte and M. Allen, 'A Meta-Analysis of Fear Appeals: Implications for Effective Public Health Campaigns', *Health Education & Behavior*, vol. 27, no. 5, pp. 591–615, Oct. 2000, doi: 10.1177/109019810002700506

[10]

J. Y. Bunn, K. Bosompra, T. Ashikaga, B. S. Flynn, and J. K. Worden, 'Factors Influencing Intention to Obtain a Genetic Test for Colon Cancer Risk: A Population-Based Study', *Preventive Medicine*, vol. 34, no. 6, pp. 567–577, June 2002, doi: 10.1006/pmed.2002.1031

[11]

C. Abraham, S. Clift, and P. Grabowski, 'Cognitive predictors of adherence to malaria prophylaxis regimens on return from a malarious region: a prospective study', *Social Science & Medicine*, vol. 48, no. 11, pp. 1641–1654, June 1999, doi: 10.1016/S0277-9536(98)00455-9

[12]

C. J. Carpenter, 'A Meta-Analysis of the Effectiveness of Health Belief Model Variables in Predicting Behavior', *Health Communication*, vol. 25, no. 8, pp. 661–669, Nov. 2010, doi: 10.1080/10410236.2010.521906

[13]

J. A. Harrison, P. D. Mullen, and L. W. Green, 'A meta-analysis of studies of the Health Belief Model with adults', *Health Education Research*, vol. 7, no. 1, pp. 107–116, 1992, doi: 10.1093/her/7.1.107

[14]

A. Fisher, J. Saxton, C. Hill, L. Webber, L. Purslow, and J. Wardle, 'Psychosocial correlates of objectively measured physical activity in children', *The European Journal of Public Health*, vol. 21, no. 2, pp. 145–150, Apr. 2011, doi: 10.1093/eurpub/ckq034

[15]

S. Milne, S. Orbell, and P. Sheeran, 'Combining motivational and volitional interventions to promote exercise participation: Protection motivation theory and implementation intentions', *British Journal of Health Psychology*, vol. 7, no. 2, pp. 163–184, 2002, Available: <http://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,shib&db=s3h&AN=12320287&site=ehost-live&scope=site>

[16]

D. L. FLOYD, S. PRENTICE-DUNN, and R. W. ROGERS, 'A Meta-Analysis of Research on Protection Motivation Theory', *Journal of Applied Social Psychology*, vol. 30, no. 2, pp. 407–429, Feb. 2000, doi: 10.1111/j.1559-1816.2000.tb02323.x

[17]

P. A. Rippetoe and R. W. Rogers, 'Effects of components of protection-motivation theory on adaptive and maladaptive coping with a health threat.', *Journal of Personality and Social Psychology*, vol. 52, no. 3, pp. 596–604, 1987, doi: 10.1037/0022-3514.52.3.596. Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00005205-198703000-00014&LSLINK=80&D=ovft>

[18]

L. Popova, 'The Extended Parallel Process Model: Illuminating the Gaps in Research', *Health Education & Behavior*, vol. 39, no. 4, pp. 455–473, Aug. 2012, doi: 10.1177/1090198111418108

[19]

K. Witte, 'Fear control and danger control: A test of the extended parallel process model (EPPM)', *Communication Monographs*, vol. 61, no. 2, pp. 113–134, June 1994, doi: 10.1080/03637759409376328

[20]

D. Lavin and A. Groarke, '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*, vol. 10, no. 3, pp. 243–252, Aug. 2005, doi: 10.1080/13548500412331334127

[21]

C. J. Armitage and M. Conner, 'Efficacy of the Theory of Planned Behaviour: A meta-analytic review', *British Journal of Social Psychology*, vol. 40, no. 4, pp. 471–499, Dec. 2001, doi: 10.1348/014466601164939

[22]

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

[23]

P. Lally, C. H. M. van Jaarsveld, H. W. W. Potts, and J. Wardle, 'How are habits formed: Modelling habit formation in the real world', *European Journal of Social Psychology*, vol. 40, no. 6, pp. 998–1009, Oct. 2010, doi: 10.1002/ejsp.674

[24]

P. Lally, J. Wardle, and B. Gardner, 'Experiences of habit formation: A qualitative study',

Psychology, Health & Medicine, vol. 16, no. 4, pp. 484–489, Aug. 2011, doi: 10.1080/13548506.2011.555774

[25]

B. Gardner, P. Lally, and J. Wardle, 'Making health habitual: the psychology of "habit-formation" and general practice', *British Journal of General Practice*, vol. 62, no. 605, pp. 664–666, Dec. 2012, doi: 10.3399/bjgp12X659466

[26]

J. Ogden, 'Some problems with social cognition models: A pragmatic and conceptual analysis.', *Health Psychology*, vol. 22, no. 4, pp. 424–428, 2003, doi: 10.1037/0278-6133.22.4.424. Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00003615-200307000-00013&LSLINK=80&D=ovft>

[27]

G. Godin, P. Sheeran, M. Conner, and M. Germain, 'Asking questions changes behavior: Mere measurement effects on frequency of blood donation.', *Health Psychology*, vol. 27, no. 2, pp. 179–184, 2008, doi: 10.1037/0278-6133.27.2.179. Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00003615-200803000-00006&LSLINK=80&D=ovft>

[28]

I. Ajzen and M. Fishbein, 'Questions raised by a reasoned action approach: comment on Ogden (2003)', *Health Psychology*, vol. 23, no. 4, pp. 431–434, 2004, Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00003615-200407000-00013&LSLINK=80&D=ovft>

[29]

F. F. Sniehotta, J. Pesseau, and V. Araújo-Soares, 'Time to retire the theory of planned behaviour', *Health Psychology Review*, vol. 8, no. 1, pp. 1–7, Jan. 2014, doi: 10.1080/17437199.2013.869710

[30]

N. D. Weinstein, 'Misleading tests of health behavior theories', *Annals of Behavioral Medicine*, vol. 33, no. 1, pp. 1-10, Feb. 2007, doi: 10.1207/s15324796abm3301\_1

[31]

G. Godin et al., 'Which survey questions change behavior? Randomized controlled trial of mere measurement interventions.', *Health Psychology*, vol. 29, no. 6, pp. 636-644, 2010, doi: 10.1037/a0021131. Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00003615-201011000-00010&LSLINK=80&D=ovft>

[32]

S. U. Dombrowski, F. F. Sniehotta, A. Avenell, M. Johnston, G. MacLennan, and V. Araújo-Soares, '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*, vol. 6, no. 1, pp. 7-32, Mar. 2012, doi: 10.1080/17437199.2010.513298

[33]

S. Michie, C. Abraham, C. Whittington, J. McAteer, and S. Gupta, 'Effective techniques in healthy eating and physical activity interventions: A meta-regression.', *Health Psychology*, vol. 28, no. 6, pp. 690-701, 2009, Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00003615-200911000-00007&LSLINK=80&D=ovft>

[34]

S. Michie and A. Prestwich, 'Are interventions theory-based? Development of a theory coding scheme.', *Health Psychology*, vol. 29, no. 1, pp. 1-8, 2010, Available: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00003615-201001000-00001&LSLINK=80&D=ovft>

[35]

B. Gardner, C. Whittington, J. McAteer, M. P. Eccles, and S. Michie, 'Using theory to synthesise evidence from behaviour change interventions: The example of audit and feedback', *Social Science & Medicine*, vol. 70, no. 10, pp. 1618-1625, May 2010, doi: 10.1016/j.socscimed.2010.01.039

[36]

M. S, A. C, W. C, M. J, and G. S, 'Effective Techniques in Healthy Eating and Physical Activity Interventions: A Meta-Regression', *Health Psychology*, vol. 28, no. 6, pp. 690-701, Available:  
<http://ovidsp.ovid.com/ovidweb.cgi?T=JS&CSC=Y&NEWS=N&PAGE=fulltext&AN=00003615-200911000-00007&LSLINK=80&D=ovft>

[37]

S. Michie, S. Ashford, F. F. Sniehotta, S. U. Dombrowski, A. Bishop, and D. P. French, 'A refined taxonomy of behaviour change techniques to help people change their physical activity and healthy eating behaviours: The CALO-RE taxonomy', *Psychology & Health*, vol. 26, no. 11, pp. 1479-1498, Nov. 2011, doi: 10.1080/08870446.2010.540664

[38]

Isobel R Contento, 'Nutrition Education: Linking Research, Theory, and Practice', *Asia Pacific Journal of Clinical Nutrition*, vol. 17, no. S1, pp. 176-179, 2008, doi: 10.6133/apjcn.2008.17.s1.42. Available:  
<http://www.airitilibrary.com/Publication/alDetailedMesh?docid=09647058-200801-201306140008-201306140008-176-179>

[39]

Briggs, ADM et al., 'A health impact assessment of the UK soft drinks industry levy: a comparative risk assessment modelling study', 2017, Available:  
<https://www.repository.cam.ac.uk/handle/1810/261366>

[40]

A. E. Bauman, R. S. Reis, J. F. Sallis, J. C. Wells, R. J. Loos, and B. W. Martin, 'Correlates of physical activity: why are some people physically active and others not?', *The Lancet*, vol. 380, no. 9838, pp. 258-271, July 2012, doi: 10.1016/S0140-6736(12)60735-1

[41]

'attitudes-to-obesity.pdf'. Available:  
<http://www.bsa.natcen.ac.uk/media/39132/attitudes-to-obesity.pdf>

[42]

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

[43]

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

[44]

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

[45]

J. Wardle, C. A. Guthrie, S. Sanderson, and L. Rapoport, 'Development of the Children's Eating Behaviour Questionnaire', *Journal of Child Psychology and Psychiatry*, vol. 42, no. 7, pp. 963–970, Oct. 2001, doi: 10.1111/1469-7610.00792

[46]

E. R. Grimm and N. I. Steinle, 'Genetics of eating behavior: established and emerging concepts', *Nutrition Reviews*, vol. 69, no. 1, pp. 52–60, Jan. 2011, doi: 10.1111/j.1753-4887.2010.00361.x

[47]

C. H. Llewellyn, C. H. M. van Jaarsveld, L. Johnson, S. Carnell, and J. Wardle, 'Development and factor structure of the Baby Eating Behaviour Questionnaire in the Gemini birth cohort', *Appetite*, vol. 57, no. 2, pp. 388–396, Oct. 2011, doi: 10.1016/j.appet.2011.05.324

[48]

S. Carnell and J. Wardle, 'Appetitive traits and child obesity: measurement, origins and implications for intervention', *Proceedings of the Nutrition Society*, vol. 67, no. 04, Nov. 2008, doi: 10.1017/S0029665108008641

[49]

C. Hawkes et al., 'Smart food policies for obesity prevention', *The Lancet*, vol. 385, no. 9985, pp. 2410–2421, June 2015, doi: 10.1016/S0140-6736(14)61745-1

[50]

A. D. Smith et al., 'Genetic and environmental influences on food preferences in adolescence', *The American Journal of Clinical Nutrition*, vol. 104, no. 2, pp. 446–453, Aug. 2016, doi: 10.3945/ajcn.116.133983

[51]

M. H. Pesch and J. C. Lumeng, 'Methodological considerations for observational coding of eating and feeding behaviors in children and their families', *International Journal of Behavioral Nutrition and Physical Activity*, vol. 14, no. 1, Dec. 2017, doi: 10.1186/s12966-017-0619-3

[52]

A. Fildes, C. H. M. van Jaarsveld, J. Wardle, and L. Cooke, 'Parent-Administered Exposure to Increase Children's Vegetable Acceptance: A Randomized Controlled Trial', *Journal of the Academy of Nutrition and Dietetics*, vol. 114, no. 6, pp. 881–888, June 2014, doi: 10.1016/j.jand.2013.07.040

[53]

L. L. Birch, 'DEVELOPMENT OF FOOD PREFERENCES', *Annual Review of Nutrition*, vol. 19, no. 1, pp. 41–62, July 1999, doi: 10.1146/annurev.nutr.19.1.41