

IEHC0056: Health and Behaviour

View Online



-
1.
Abraham, C. Health Psychology. vol. Topics in applied psychology (Hodder Education, London, 2008).
 2.
Ogden, J. Health Psychology. (Open University Press, Maidenhead, 2012).
 3.
Stephens, A. The role of behaviour in health. in Health psychology (BPS Blackwell, Chichester, 2010).
 4.
Abraham, C. & Michie, S. A taxonomy of behavior change techniques used in interventions. Health Psychology **27**, 379–387 (2008).
 5.
Davis, R., Campbell, R., Hildon, Z., Hobbs, L. & Michie, S. Theories of behaviour and behaviour change across the social and behavioural sciences: a scoping review. Health Psychology Review **9**, 323–344 (2015).
 6.
Great Britain. Department of Health. Choosing Health: Making Healthy Choices Easier. vol. Cm (Stationery Office, London, 2004).

7.

Michie, S., van Stralen, M. M. & West, R. The behaviour change wheel: A new method for characterising and designing behaviour change interventions. *Implementation Science* **6**, (2011).

8.

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

9.

Witte, K. & Allen, M. A Meta-Analysis of Fear Appeals: Implications for Effective Public Health Campaigns. *Health Education & Behavior* **27**, 591–615 (2000).

10.

Bunn, J. Y., Bosompra, K., Ashikaga, T., Flynn, B. S. & Worden, J. K. Factors Influencing Intention to Obtain a Genetic Test for Colon Cancer Risk: A Population-Based Study. *Preventive Medicine* **34**, 567–577 (2002).

11.

Abraham, C., Clift, S. & Grabowski, P. Cognitive predictors of adherence to malaria prophylaxis regimens on return from a malarious region: a prospective study. *Social Science & Medicine* **48**, 1641–1654 (1999).

12.

Carpenter, C. J. A Meta-Analysis of the Effectiveness of Health Belief Model Variables in Predicting Behavior. *Health Communication* **25**, 661–669 (2010).

13.

Harrison, J. A., Mullen, P. D. & Green, L. W. A meta-analysis of studies of the Health Belief Model with adults. *Health Education Research* **7**, 107–116 (1992).

14.

Fisher, A. et al. Psychosocial correlates of objectively measured physical activity in children. *The European Journal of Public Health* **21**, 145–150 (2011).

15.

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

16.

FLOYD, D. L., PRENTICE-DUNN, S. & ROGERS, R. W. A Meta-Analysis of Research on Protection Motivation Theory. *Journal of Applied Social Psychology* **30**, 407–429 (2000).

17.

Rippetoe, P. A. & Rogers, R. W. Effects of components of protection-motivation theory on adaptive and maladaptive coping with a health threat. *Journal of Personality and Social Psychology* **52**, 596–604 (1987).

18.

Popova, L. The Extended Parallel Process Model: Illuminating the Gaps in Research. *Health Education & Behavior* **39**, 455–473 (2012).

19.

Witte, K. Fear control and danger control: A test of the extended parallel process model (EPPM). *Communication Monographs* **61**, 113–134 (1994).

20.

Lavin, D. & Groarke, A. 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**, 243–252 (2005).

21.

Armitage, C. J. & Conner, M. Efficacy of the Theory of Planned Behaviour: A meta-analytic review. *British Journal of Social Psychology* **40**, 471–499 (2001).

22.

Gollwitzer, P. M. & Sheeran, P. Implementation Intentions and Goal Achievement: A Meta-analysis of Effects and Processes. *Advances in Experimental Social Psychology* Volume 38 **38**, 69–119 (2006).

23.

Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W. & Wardle, J. How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology* **40**, 998–1009 (2010).

24.

Lally, P., Wardle, J. & Gardner, B. Experiences of habit formation: A qualitative study. *Psychology, Health & Medicine* **16**, 484–489 (2011).

25.

Gardner, B., Lally, P. & Wardle, J. Making health habitual: the psychology of 'habit-formation' and general practice. *British Journal of General Practice* **62**, 664–666 (2012).

26.

Ogden, J. Some problems with social cognition models: A pragmatic and conceptual analysis. *Health Psychology* **22**, 424–428 (2003).

27.

Godin, G., Sheeran, P., Conner, M. & Germain, M. Asking questions changes behavior: Mere measurement effects on frequency of blood donation. *Health Psychology* **27**, 179–184 (2008).

28.

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

29.

Sniehotta, F. F., Pesseau, J. & Araújo-Soares, V. Time to retire the theory of planned behaviour. *Health Psychology Review* **8**, 1–7 (2014).

30.

Weinstein, N. D. Misleading tests of health behavior theories. *Annals of Behavioral Medicine* **33**, 1–10 (2007).

31.

Godin, G. et al. Which survey questions change behavior? Randomized controlled trial of mere measurement interventions. *Health Psychology* **29**, 636–644 (2010).

32.

Dombrowski, S. U. et al. 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**, 7–32 (2012).

33.

Michie, S., Abraham, C., Whittington, C., McAteer, J. & Gupta, S. Effective techniques in healthy eating and physical activity interventions: A meta-regression. *Health Psychology* **28**, 690–701 (2009).

34.

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

35.

Gardner, B., Whittington, C., McAteer, J., Eccles, M. P. & Michie, S. Using theory to synthesise evidence from behaviour change interventions: The example of audit and feedback. *Social Science & Medicine* **70**, 1618–1625 (2010).

36.

S, M., C, A., C, W., J, M. & S, G. Effective Techniques in Healthy Eating and Physical Activity Interventions: A Meta-Regression. *Health Psychology* **28**, 690–701.

37.

Michie, S. et al. 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**, 1479–1498 (2011).

38.

Isobel R Contento. Nutrition Education: Linking Research, Theory, and Practice. *Asia Pacific Journal of Clinical Nutrition* **17**, 176–179 (2008).

39.

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

40.

Bauman, A. E. et al. Correlates of physical activity: why are some people physically active and others not? *The Lancet* **380**, 258–271 (2012).

41.

attitudes-to-obesity.pdf.

42.

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

43.

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

44.

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

45.

Wardle, J., Guthrie, C. A., Sanderson, S. & Rapoport, L. Development of the Children's Eating Behaviour Questionnaire. *Journal of Child Psychology and Psychiatry* **42**, 963–970 (2001).

46.

Grimm, E. R. & Steinle, N. I. Genetics of eating behavior: established and emerging concepts. *Nutrition Reviews* **69**, 52–60 (2011).

47.

Llewellyn, C. H., van Jaarsveld, C. H. M., Johnson, L., Carnell, S. & Wardle, J. Development and factor structure of the Baby Eating Behaviour Questionnaire in the Gemini birth cohort. *Appetite* **57**, 388–396 (2011).

48.

Carnell, S. & Wardle, J. Appetitive traits and child obesity: measurement, origins and implications for intervention. *Proceedings of the Nutrition Society* **67**, (2008).

49.

Hawkes, C. et al. Smart food policies for obesity prevention. *The Lancet* **385**, 2410–2421 (2015).

50.

Smith, A. D. et al. Genetic and environmental influences on food preferences in adolescence. *The American Journal of Clinical Nutrition* **104**, 446–453 (2016).

51.

Pesch, M. H. & Lumeng, J. C. Methodological considerations for observational coding of eating and feeding behaviors in children and their families. *International Journal of Behavioral Nutrition and Physical Activity* **14**, (2017).

52.

Fildes, A., van Jaarsveld, C. H. M., Wardle, J. & Cooke, L. Parent-Administered Exposure to Increase Children's Vegetable Acceptance: A Randomized Controlled Trial. *Journal of the Academy of Nutrition and Dietetics* **114**, 881–888 (2014).

53.

Birch, L. L. DEVELOPMENT OF FOOD PREFERENCES. *Annual Review of Nutrition* **19**, 41–62 (1999).