Instructor: Ronald Iannotti, Ph.D.
Office: 116 Phillips Hall
Office Hours: Wednesday, 1:30 to 3:30 PM; Thursday 3:00 to 5:00 PM
Telephone: 529-2624; E-MAIL: IANNOTRJ@MUOHIO.EDU

The purpose of this course is to familiarize students with current issues in health promotion and disease prevention (HP/DP). These include current epidemiological studies of risk factors, theoretical and methodological issues relating to behavioral influences on disease and wellness, and the application of research findings towards the improvement of HP/DP interventions. The course will also familiarize students with the application of intervention methodologies to diverse populations and diverse areas of health, which they are likely to encounter in varied practical settings related to careers in health promotion such as work-site, community, and school. Health areas may include, but are not limited to: substance use, tobacco use, alcohol use, sexually transmitted diseases, physical activity, nutrition, stress, and compliance with treatment.

Each week, students will be required to read the articles designated for that week and be prepared to discuss the articles in class. The initial sessions, directed by the instructor, will include a review of theoretical and methodological issues in HP/DP. Each student will be responsible for identifying two topics of interest, reviewing the recent behavioral medicine literature in those areas, providing a full bibliography for the instructor and fellow students, making one set of copies of the articles to be read to be kept in Dr. Iannotti's mailbox, presenting a summary of the recent intervention literature in class, and guiding the discussion on those topics. Students will also be required to write a comprehensive and critical review of the literature in one of the areas they've selected.

Course objectives

To acquire a familiarity with current theoretical and methodological issues in behavioral medicine.

To develop an understanding of health promotion/disease prevention interventions in different content areas.

To develop critical thinking skills necessary to evaluate the literature in these areas and to acquire new information from reputable sources.

To gain experience in identifying innovative health promotion and disease prevention programs and evaluating their potential application to problems encountered in the context of their careers.

Course Requirements

In-Class Presentations. During the semester you will be responsible for developing a review of the literature in the two areas you've chosen and (with the instructor) lead the discussion that follows. You will also be required to read all of the articles identified by the instructor and your classmates and to participate in the class discussion of them.

Summary of studies. You will summarize the recent literature describing different HP/DP interventions in two areas (e.g., smoking, substance abuse, AIDS, nutrition, etc.). You should select from relevant professional journals (e.g., American Journal of Health Promotion, Journal of Health Education, Health Education and Behavior, Journal of Health Education Quarterly, Behavioral Medicine, American Journal of Public Health, Journal of the American College of Health Association, Journal of School Health, Hygiene, Journal of the American Medical Association, New England Journal of Medicine, Lancet, Health Psychology, AIDS Education and Prevention, Journal of Behavioral Medicine, Health Education, Social Science and Medicine, American Journal of Epidemiology). At least one week before the date and time of presentation, you should: 1) supply me with a copy of your primary sources; 2) provide sufficient copies (for each member of the class and the instructor) of a bibliography of all of the articles you've read, indicating the key articles that should be read by your classmates; and (optional) 3) provide the class and the instructor with a
typed list of questions or topics of discussion that will help your fellow students focus on the important elements of your presentation (80 points each).

**Class Discussion.** You will be responsible for presenting a summary and critique of one or two of the reading for each week. When appropriate, you should prepare remarks in response to the discussion questions raised by the student leading the discussion that week. Relating the assigned articles to other materials you have read in your graduate study will be particularly valued. Addressing issues of understudied populations or at-risk populations is also important.

**Much of the benefit of this class will be in the class discussion, the interaction with classmates and the exposure to different opinions and perspectives. Class attendance is mandatory. It is essential that you read all of the articles before attending class and actively participate in class discussions.** If you are not present, you will receive no points for the discussion that day. If you cannot attend a class, you should notify me before class and subsequently provide me with a written explanation of your absence by e-mail or by placing a note in my mailbox in Room 130 of Phillips Hall. (80 points).

**Paper.** You will write a paper summarizing the HP/DP intervention literature in a topic area of your choice (however, approval of the instructor is required). The paper must be typed, double-spaced. You must submit two (2) copies of the paper on April 11. One copy of the revised (final) paper is due on May 2, by 5:00 PM. The revision should be responsive to the suggestions made by the instructor and the student's review of your paper. Each draft of the paper is worth 100 points. The paper may either be a comprehensive and critical review of interventions in a particular area or a proposal for a particular intervention complete with a rationale for each component and a study evaluating the intervention (100 points for each submission).

**Paper Evaluation.** You will be required to read and evaluate one of your fellow student's papers. Your comments should be legible and you should submit two copies of your comments (the original and one copy for the instructor) on April 18. The copy for the author of the paper does not need to include any identifying information to indicate who you are (20 points).

**Grading Scale**

<table>
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<tr>
<th>Component</th>
<th>Points</th>
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<tr>
<td>Presentations (80 each)</td>
<td>160</td>
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<tr>
<td>First paper submission</td>
<td>100</td>
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<tr>
<td>Paper Evaluation</td>
<td>20</td>
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<tr>
<td>In-class Discussion</td>
<td>80</td>
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<tr>
<td>Final Paper</td>
<td>100</td>
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A     414-460  
B     368-413  
C     322-367  
D     276-321  
F     Less than 276
<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Assignment</th>
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<tr>
<td>1/11</td>
<td>Introduction</td>
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<tr>
<td>1/18</td>
<td>Social Learning, Behavioral Intention, and Health Belief Models</td>
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<td>1/25</td>
<td>Alternative Models and Theories</td>
<td>Selection of topics for presentations</td>
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<tr>
<td>2/1</td>
<td>Application to Interventions and Methodology</td>
<td>Submit Proposal for specific paper topic</td>
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<td>2/8</td>
<td>Evaluation of Interventions</td>
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<td>2/15</td>
<td>Physical Activity</td>
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<td>2/24</td>
<td>Switch Day or Nutrition</td>
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<td>2/29</td>
<td>Stress Management and Psychoimmunology</td>
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<td>3/7</td>
<td>Tobacco, Alcohol and Substance Use</td>
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<td>3/21</td>
<td>Women's Health</td>
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<td>3/28</td>
<td>STDs, AIDS, and Teenage Pregnancy</td>
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<td>4/4</td>
<td>Society of Behavioral Medicine Meeting</td>
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<tr>
<td>4/11</td>
<td>Injury and Violence Prevention</td>
<td>Papers Due</td>
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<td>4/18</td>
<td>Compliance with Treatment and Medical Self-Care</td>
<td>Review of student papers due</td>
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<td>4/25</td>
<td>Demographic and Behavioral Factors in Chronic Diseases: age, SES, gender, ethnicity, social support, etc.</td>
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<td>5/2</td>
<td></td>
<td>Final paper due</td>
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Tentative Reading List (Subject to Revision)

Social Learning, Behavioral Intention, Stages of Change and Health Belief Models

[Chapter on theories - what they do and why necessary]


Additional Perspectives


Interventions and Methodology


Evaluation


Physical Activi1y


King AC, Kiernan M, Oman RF, Kraemer HC, Hull M & Ayn D. Can we identify who will adhere to long-term physical activity? Signal detection methodology as a potential aid to clinical decision making. Health Psychology


Nutrition


**Stress Management and Psychoimmunology**


**Tobacco Use**


Perz CA, DiClemente CC & Carbonari JP. Doing the right thing at the right time? The interaction of stages and processes of change in successful smoking cessation. Health Psychology. 15:462-68, 1996.


Alcohol and Substance Use


Women's Health


STDS, AIDS, and Teenage Pregnancy


Terry D. The theory of reasoned action: It's application to AIDS prevention behavior.

Chronic Pain


NIH Technology Assessment Panel. Integration of behavioral and relaxation approaches into the treatment of chronic pain and insomnia. JAM 276:313-8, 1996.

Injury and Violence Prevention


Compliance with Treatment and Medical Self-Care


Maintenance of Behavior Change


Demographic and Behavioral Factors in Chronic Diseases: age, SES, gender, ethnicity, social support, etc.


