

# PS935-15 Interventions and Technologies for Behaviour Change

**22/23**

**Department**

Psychology

**Level**

Taught Postgraduate Level

**Module leader**

Kirsty Lee

**Credit value**

15

**Module duration**

10 weeks

**Assessment**

100% coursework

**Study location**

University of Warwick main campus, Coventry

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## Description

### Introductory description

A critical component of improving mental health and wellbeing involves changing behaviour. This module will provide students with a core foundation in the theory of behaviour change and students will learn about the latest science of digital technologies and complex interventions. The learning content will also enable students to evaluate the cost-effectiveness of interventions and technologies for behaviour change. Sessions will be led by academics with expertise in behavioural science, health psychology, digital healthcare and economics.

### Module aims

This module will expose students to the principles of behaviour change and methods from behavioural science, digital healthcare and economics for the development and evaluation of interventions and technologies for behaviour change in the real world.

### Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be

covered. Actual sessions held may differ.

Although the content may vary, the module will cover subjects such as: Behaviour change; Incentives and behaviour change; Digital technologies, Complex interventions; Economics and wellbeing; Economic evaluation; Success and failure .

## Learning outcomes

By the end of the module, students should be able to:

- Demonstrate how the theory of behaviour change applies to real-world behaviour interventions.
- Analyse the strengths and limitations of digital interventions.
- Contrast the utility of simple vs complex interventions for behaviour change.
- Critically evaluate whether an intervention has been successful and whether it is cost-effective.
- Assess the practical considerations underpinning intervention implementation.

## Indicative reading list

Craig, P., Dieppe, P., Macintyre, S., Michie, S., Nazareth, I., & Petticrew, M. (2008). Developing and evaluating complex interventions: the new Medical Research Council guidance. *BMJ*, 337, a1655.

Campbell, N. C., Murray, E., Darbyshire, J., Emery, J., Farmer, A., Griffiths, F., ... & Kinmonth, A. L. (2007). Designing and evaluating complex interventions to improve health care. *BMJ*, 334(7591), 455-459.

Michie, S., Yardley, L., West, R., Patrick, K., & Greaves, F. (2017). Developing and evaluating digital interventions to promote behavior change in health and health care: recommendations resulting from an international workshop. *Journal of medical Internet research*, 19(6), e232.

Murray, E., Hekler, E. B., Andersson, G., Collins, L. M., Doherty, A., Hollis, C., ... & Wyatt, J. C. (2016). Evaluating digital health interventions: key questions and approaches. *American Journal of Preventive Medicine*, 51 (5), 843-851.

## Interdisciplinary

Sessions will be led by academics with expertise in behavioural science, health psychology, digital healthcare and economics.

## Subject specific skills

Identify the key areas where behavioural science has been applied to behaviour change.

Understand how to apply behaviour change theory in the real world.

Critical evaluation of digital technologies for behaviour change.

## Transferable skills

Critical assessment of research.

Identify the strengths and weaknesses of real-world interventions.

Evaluation of the appropriateness of behaviour change methods.

Understanding of the practical considerations for implementation and testing.

Oral and visual communication.

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## Study

### Study time

Type	Required
Lectures	10 sessions of 2 hours (13%)
Private study	130 hours (87%)
Total	150 hours

### Private study description

Private study before and after lectures and preparation for the assessment.

### Costs

No further costs have been identified for this module.

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## Assessment

You do not need to pass all assessment components to pass the module.

### Assessment group A

	Weighting	Study time	Eligible for self-certification
Resource creation	60%		Yes (extension)
Students will work collaboratively in a small group to produce a 5-minute educational video on the topic of behaviour change that could be presented to the general public.			
Oral presentation	40%		No
Students will select an appropriate empirical article that reports on a complex (multicomponent) health and wellbeing intervention, and will apply the theory of behaviour change to critically assess the factors that contributed to the success or failure of the intervention. Students will design an oral presentation (20 min) where they discuss the intervention and their critical assessment of its success/failure.			

## **Feedback on assessment**

Students will be provided with feedback on their performance following their presentation. Online feedback will be provided on the video presentation.

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## **Availability**

### **Courses**

This module is Core for:

- Year 1 of TPSS-C848 Postgraduate Taught Mental Health and Wellbeing