model, health action process approach

- **Notes on theories**
  - hard to compare them
  - help to design interventions
  - applicable in health contexts (starting behaviour, maintaining behaviour)
  - applicable in different cultures

- **Common sense model of self-regulation of health and illness (Leventhal)**
  - lay disease representation at heart of theory – patients own common sense beliefs about their illness
  - dual processing model – thought and feeling
  - self regulation = through balancing illness representations, coping and appraisal to return to 'normal'.

- **How can we use the CSM to understand and respond to patient needs?**
  - Hale, Treharne & Kitas (2007) – often a difference between objective evidence and patients experience of pain/illness
  - greatest impact for patient is effect on 'normal' daily life
  - important to understand how the perceptions, experience and impact of having musculoskeletal condition influences patient interpretation and response to it, then respond as professionals.
  - model started by looking at fear in acute situations, which lead to people taking health promoting actions (seatbelt, give up smoking)
  - different types of info related to influence attitude and actions to perceived health threat
  - three main constructs: 1) representation of illness experience that might guide 2) action planning or coping responses or guide by 3) appraisal or monitoring success or failure.
  - lay beliefs integrate with existing schemata, to make sense of symptoms and guide coping action.
  - Illness representations are cumulative – info adopted, discarded or adapted as necessary.
  - CSM doesn’t consider role of and interaction with significant others – socio-cultural theory

- **Illness representations**
  - identity – indicators of presence/absence of illness
  - consequences
  - causes
  - timeline
  - curability and control by self or others

- **Obesity**
  - agreement between patient and GP is core to good relationship and intervention success.
  - issues about blame, stigma and responsibility
  - interventions often unsuccessful – significant health problem
  - Ogden et al (2001) – causes of obesity, consequences and treatments – differ between patient and GP.