Interventions may not always provide the impetus to take action
Assume that behavior changes are guided by conscious motivation
These theories ignore the fact that behavior changes occur automatically and are not subject to awareness
  Example: implementations intentions model

**Implementations intentions model**
Integrated conscious processing with automatic behavioral enactment
Control of goal-directed responses can be delegated to situational cues
Changes in intentions lead to changes in behavior

**Cognitive-behavioral approaches**
Cognitive-behavior therapy: uses complementary methods to intervene in the modification of a target problem and its context
Self-monitoring: understanding the dimensions of one’s poor health habit before change can begin
Classical conditioning: pairing of an unconditioned reflex with a new stimulus
  Produces a conditional reflex
  Heavily depends on the client’s willingness
Operant conditioning: pairs a voluntary behavior with systematic consequences
  Reinforcement and its schedule are important
Modeling: learning that occurs from witnessing another person perform a behavior
Stimulus-control interventions
  Ridding the environment of discriminative stimuli that evoke a problem behavior
  Introducing new discriminative stimuli, signaling that a new response will be reinforced
Self-control of behavior
CBT emphasizes self-control
People learn to control the antecedents and consequences of the target behavior
Cognitive restructuring: trains people to recognize and modify their internal monologues to promote health behavior change
Self-reinforcement: systematically rewarding oneself to increase or decrease the occurrence of a target behavior
  Contingency contracting: effective self-punishment in behavior modification
  Individual forms a contract with a significant other or therapist to modify one’s behavior
Behavioral assignments: home practice activities that support the goals of a therapeutic intervention
Social skills and relaxation training
Social skills training or assertiveness training: people are trained in methods that help them deal effectively with social anxiety
Relaxation training: deep breathing and progressive muscle relaxation

Motivational interviewing
- Error rate increases when it comes to tracking distance; more accurate at slower speeds
- Calories burned can also be off by as much as 10% when compared to metabolic analyzers
  - Are they effective at increasing motivation and activity levels?
    - More effective than text message reminders
    - Setting weekly activity goals and receiving nonjudgmental reminders that help people meet these goals was motivating; “trophies” and ribbons provided by apps were not helpful
    - Majority of participants did not opt for social media posts about meeting exercise goals

- Accident prevention
  - Accidents are the most common cause of death and disability among children under age 5 and the young population between the ages of 15 and 30
  - Precautionary measures to be adopted for children under 5
    - Install safety catches and gates in the home
    - Place poisons out of reach
    - Teach children safety skills
    - Provide training and parenting classes to parents
  - External causes are the highest for both males and females

- Cancer-related health behaviors
  - Mammograms
    - Mammogram controversy
      - Mammograms have helped reduce breast cancer mortality, but improvements are small
      - Recent controversial data showing comparable detection rates for mammograms compared to breast self-exams at detecting cancer
  - Skin cancer prevention
    - Skin cancer: primary risk factor is excessive exposure to UV radiation
      - Measures to promote safe sun practices
        - Educational interventions
        - Teaching about effective sunscreen usage

- Tanning beds and skin cancer
  - Mostly UVB, but also UVA, contributing to skin cancer for users of tanning beds
  - Sun safety practices
    - Wear at least 30 SPF sunscreen
    - Educational interventions to inform kids the risks of skin cancer
    - Parents play an important role

- Developing a healthy diet
  - Important as it is a controllable risk factor for many leading causes of death
  - Dietary change
    - Critical for people at risk for or already diagnosed with chronic diseases
    - Improves health
• **Stress and diet**
  o Stress has a direct and negative effect on diet
  o Stressed people
    ▪ Are distracted
    ▪ May not have self-control
    ▪ May not pay attention to their diet

• **Interventions to modify diet**
  o Education and training in self-monitoring
  o Cognitive-behavioral interventions
  o Improving social support
  o Motivational interviewing
  o Training in self-regulation
  o Eating meals together as a family promotes better eating habits

• **Sleep and health**
  o **Insufficient sleep affects:**
    ▪ Cognitive functioning
    ▪ Mood
    ▪ Job performance
    ▪ Quality of life
    ▪ Health
      ▪ Increased BMI
      ▪ Hypertension
      ▪ Weaker immune response

• **Why do we sleep?**
  o **Energy conservation**
    ▪ Lower body temperature
    ▪ Metabolism slows down
  o **Bodily restoration**
    ▪ Growth hormone secretion
    ▪ Protein synthesis
  o **Cerebral restitution**
    ▪ Restore brain function
    ▪ Forget unimportant information, consolidate important information

• **Sleep need across the lifespan**
  o Newborns need 14-17 hours
  o Young adults need 7-9 hours of sleep each night
  o Older adults need 7-8 hours

• **Strategies for a good night’s sleep**
  o Avoid exposure to bright light before bed
    ▪ Role of melatonin
  o Avoid using electronic within the last 1-2 hours before bed
  o Maintain regular bedtimes and wake times throughout the week and also on the weekends