

To do: Make a submission

**Opened:** Thursday, 17 April 2025, 1:05 PM

**Due:** Friday, 25 April 2025, 12:55 PM

### Assignment Activity:

This assignment aims to assess your understanding of health behavior models and your ability to critically evaluate their effectiveness in promoting positive health-related behaviors.

### Read the following and then proceed with the assignment.

- Unit 2- [The Role of Behavior in Health](#) (Pages 16-24)
- [Health, illness, and the psychological factors affecting them](#)
- [A framework for understanding the role of psychological processes in disease development, maintenance, and treatment: The 3P-disease model.](#)

a) Provide an explanation of any specific behavior model that, in your opinion, provides an effective framework for understanding and promoting positive health-related behaviors.

b) Substantiate your choice by providing a real-life scenario or by referencing any health-related behavior such as smoking, poor eating habits, excessive alcohol consumption, lack of physical activity, avoidance of health check-ups, diabetes management, etc.,. Elaborate on how the chosen model and psychological factors can play a constructive role in effectively managing or changing the chosen health-related behavior.

### Instructions for submission

- The response should be a minimum of 500 words and not more than 750 words not including the reference list. Please include a word count.
- Follow the APA standard, use references and in-text citations if you use ideas from the readings or other sources. Refer to the [UoPeople APA Tutorials in the LRC](#) for help with APA citations.
- Follow proper grammar and sentence structure. Use proper delivery to convey your message. Edit for spelling and grammar errors.

### References

- Ogden, J. (2019). [The psychology of health and illness: An open access source](#). McGraw Hill. The psychology of health and illness: An open access course [PDF], licensed under CC BY 4.0
- Rokach, A. (2019). [Health, illness, and the psychological factors affecting them](#). *The Journal of Psychology*, 153(1), 1-5. <https://doi.org/10.1080/00223980.2018.1548202>
- Wright, C.D., Tiani, A.G., Billingsley, A.L., Steinman, S.A., Larkin, K.T., & McNeil, D.W (2019). [A framework for understanding the role of psychological processes in disease development, maintenance, and treatment: The 3P-disease model](#). *Frontiers in Psychology*, 10. <https://doi.org/10.3389/fpsyg.2019.02498>

**This assignment will be assessed by your instructor using the rubric below.**

Add submission

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Submission status

Attempt number	This is attempt 1.
Submission status	No submissions have been made yet
Grading status	Not graded
Time remaining	4 days 19 hours remaining

Grading criteria

Model selection	Demonstrates a comprehensive understanding of chosen health behavior model with exceptional relevance and effectiveness, showcasing sophisticated analysis of the model's key concepts. <b>40 points</b>	Demonstrates an adequate analysis of the chosen health behavior model with clear reasoning. Shows a solid understanding of the model's key concepts. <b>32 points</b>	Demonstrates a cursory analysis of the selected health behavior model with some relevance, though the choice might lack full clarity or insight about the model's key concepts. <b>20 points</b>	Demonstrates a minimal analysis of the selected health behavior model or provides irrelevant or unclear reasoning for the selection and/or some of the information is missing. <b>12 points</b>	Did not provide an analysis of any health behavior model. <b>0 points</b>
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<b>Connection to real-life scenario or health-related behavior</b>	<p>Provides a strong and persuasive explanation that demonstrates how the chosen model can be applied to the specified scenario or health-related behavior. The response offers a deep understanding of the model's applicability and psychological factors in managing and changing behavior.</p> <p><b>40 points</b></p>	<p>Provides an adequately reasoned explanation that demonstrates how the chosen model can be applied to the specified scenario or health-related behavior. The response offers a clear and detailed understanding of the model's applicability and psychological factors in managing and changing behavior.</p> <p><b>32 points</b></p>	<p>Provides some reasoning that demonstrates how the chosen model can be applied to the specified scenario or health-related behavior. The response offers a basic or satisfactory understanding of the model's applicability and psychological factors in managing and changing behavior.</p> <p><b>20 points</b></p>	<p>Provides limited or vague reasoning that demonstrates how the chosen model can be applied to the specified scenario or health-related behavior. The response may lack an understanding of the model's applicability and psychological factors in managing and changing behavior.</p> <p><b>12 points</b></p>	<p>Fails to explain the reasoning between any model of behavior and its role in managing or changing the specified health-related behavior.</p> <p><b>0 points</b></p>
<b>Sources and Evidence</b>	<p>Demonstrates skillful use of high-quality, credible, relevant sources to develop ideas that are appropriate for the discipline and genre of the writing.</p> <p><b>10 points</b></p>	<p>Demonstrates consistent use of credible, relevant sources to support ideas that are situated within the discipline and genre of the writing.</p> <p><b>8 points</b></p>	<p>Demonstrates an attempt to use credible and/or relevant sources to support ideas that are appropriate for the discipline and genre of the writing.</p> <p><b>5 points</b></p>	<p>Demonstrates an attempt to use sources to support ideas in writing.</p> <p><b>3 points</b></p>	<p>Uses no sources to support ideas in writing</p> <p><b>0 points</b></p>

<b>Proper delivery to convey a clear message</b>	Uses graceful language that skillfully communicates meaning to readers with clarity and fluency and is error-free. <b>10 points</b>	Uses straightforward language that conveys meaning to readers with clarity. The language has a few errors. <b>8 points</b>	Uses language that conveys meaning to readers. The writing may include some errors. <b>5 points</b>	Uses language that sometimes impedes meaning because of errors in usage. Errors do not impede meaning nor overly distract the reader. <b>3 points</b>	Uses language that most of the time impedes meaning because of errors in usage or distracts the readers. <b>0 points</b>
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