Comments on Quiz 1 & Drafts of Case Study Portfolio

Health Psychology (CMED2006)
LKS Faculty of Medicine
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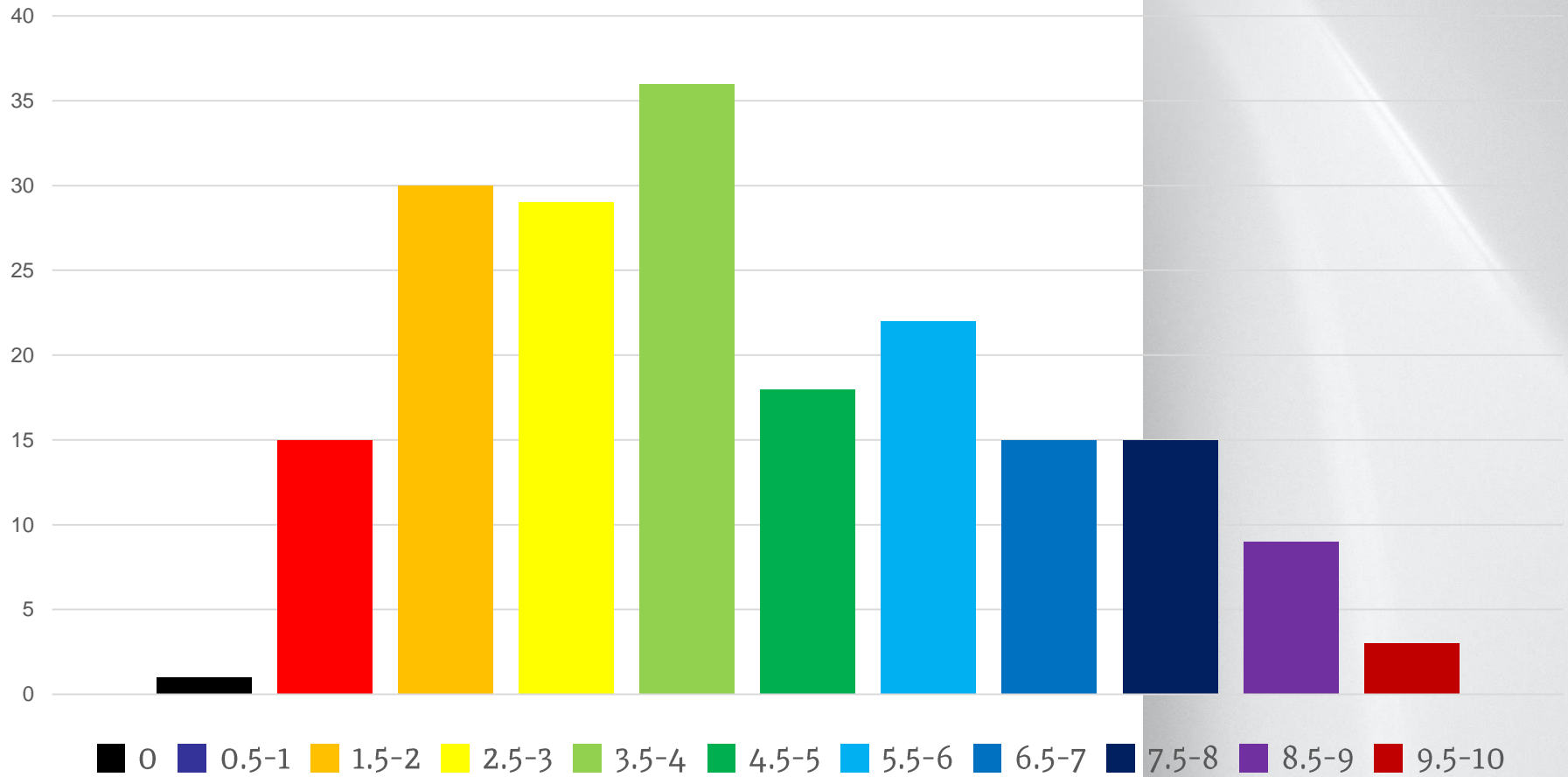
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Quiz 1

	Count
0	1
0.5–1	
1.5–2	30
2.5–3	29
3.5–4	36
4.5–5	18
5.5–6	22
6.5–7	15
7.5–8	15
8.5–9	9
9.5–10	3

If the question asks you to use a specific model or theory, make sure you use it.

What are the components of the Model that determine whether someone is stressed or not?

What is the definition of positive/negative reinforcement/punishment?

You need to remember the names of the stages rather than say 1,2,3,4,5. **Also, what is the definition of an intervention?**

Alice [...]. Using the Transactional Model of Stress, suggest why Alice [might or might not] be stressed about [...]. (2 marks)

Betty [...]. Suggest one practical and ethical way to [encourage or discourage a behaviour] through positive punishment. (2 marks)

Chris [...]. According to the Transtheoretical model, which stage is Chris in? (1 mark) Suggest one intervention according to Chris' readiness to change (2 marks).

Point-form is fine (for all sections)

Please make sure that you are describing an ongoing behaviour (not an illness or a thought or a mindset)

Make sure that you are talking about one person, not a group of people

Try to describe in enough detail to show the severity (e.g., how many cigarettes per day)

Provide evidence for why the behaviour is harmful to health (only need one)

Case Study Portfolio
Section 1

Description of an individual ("the case") and an ongoing health compromising behaviour ("the behaviour") that they exhibit

Including nature and frequency of the behaviour, brief demographic information about the case and the negative health impact of the behaviour

There are a lot of things that can be discussed here, but try to keep it under 200 words

Try to find out what your case thinks, rather than guess what they think

No need to be comprehensive; be selective

Interventions can be just talking to them to change their mind – but then you should decide what exact to tell them (or show them) in order to change their mind

Conscious thoughts that the case has about the behaviour (including their illness cognition towards illness(es) associated with the behaviour); and interventions that might change their decision to continue the behaviour

The needs (according to Maslow's hierarchy of needs) that the case fulfil through the behaviour; and alternative ways to fulfil those needs

Again, try to find out what your case thinks, rather than guess what they think (e.g., your case might not smoke to fulfil love-and-belonging needs even though many smokers do)

The behaviour might not fulfill all levels of needs for the person; so be realistic

Self-actualization needs is about try to become the best person one can be – and is only rare fulfilled by random health-compromising behaviours

If the person is in pre-contemplation stage, talk about how to get them to contemplation stage, then to preparation stage, then to action stage, then to maintenance stage – similar if they are already in contemplation or preparation stage

Describe actual intervention (e.g., "buy them some nicotine replacement patches and teach them how to use it"), not just state the goal (e.g., "increase their awareness" or "educate them"), and not what they need to do themselves (e.g., "they should use NRT" or "they should think about pros and cons")

The case's readiness to change (according to the Transtheoretical Model); and possible interventions according to their readiness

You only need the figure (no need for explanation outside the figure); provide useful information in the left-most boxes, but be concise

For the 2nd & 3rd level boxes, you only need to put
- "Positive, neutral, or negative attitude"
- "Positive, neutral, or negative subjective norms"
- "High, medium, or low behavioural control"
- "High, medium, or low intention"

Note what is positive attitude and what is positive subjective norms

Analysis of the behaviour using the Theory of Planned Behaviour; and interventions according to the case's attitude, subjective norm, behavioural control, and intention

To be presented in a figure

This probably the most critical section of the whole portfolio – show your your understanding of your case and your understanding of their behaviour

Imagine this is the summary you give your boss if you are assigned by your boss to assess the case

Potentially important factors not covered in the previous sections include stress, emotion, pain, suffering, personality, moral thinking, and development (cognitive and social) – you can choose to analyze these here or in a separate section

Reflection on the most important factor(s) that drive the case's behaviour (can be ones mentioned above or completely new ones)

Note the definition of "intervention" (see section 4)

It might be helpful for you to state <u>who</u> is implementing your intervention – so that you can remind yourself that it cannot be the case themselves

These should be described in enough details that reflect your research and understanding of the case

These should be aligned with section 6, meaning that your interventions are targeting the main reason(s) for your case's behaviour

Suggestion of 3 interventions (can be ones mentioned before or completely new ones) that are most likely to reduce or eliminate the behaviour

Examples

Participate in extracurricular activities ➜ making more friends

Encourage group learning ➜ dealing with studying problems

Nicotine replacement therapy (NRT): Considering his past history of ineffective result of the therapy, he may consider consulting the medical professionals to increasing the dosage or duration of therapy of the nicotine replacement drugs

Give her counselling and let her know no one is perfect and an achievable goal is important, avoid perfectionism, therefore get rid of the stress come from academy

Suggestion of 3 interventions (can be ones mentioned before or completely new ones) that are most likely to reduce or eliminate the behaviour