Health Psychology (CMED2006)(2023-2024)

Case Study Portfolio

**Section 1**

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| Description of an individual (“the case”) and an ongoing health compromising behaviour (“the behaviour”) that they exhibit. |

Pseudonym or initials of the case:

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| * *Pseudonym:* ***Anna*** |

Brief demographic information of the case (e.g., age, occupation, marital status):

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| --- |
| * *Age:* ***54*** * *Gender:* ***Female*** * *Occupation:* ***Unemployed (housewife)*** * *Education Level:* ***Highschool Level*** * *Ethnicity:* ***Buddhism*** * *Marital status:* ***Widowed, with 2 children living together.*** * *Family structure:* ***Raises 2 children up independently and lives with 2 children (one 20 years-old; one 23 years-old) now, and having one sister (with one daughter) in the Guangdong, near to Hong Kong, while other close relatives are far away from Hong Kong.*** |

Nature and frequency of the behaviour:

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| * *Nature:* ***Anna has developed a habit of staying up late at night, resulting in a lack of adequate sleep, because of indulging in excessive and prolonged use of the social media platform (e.g.: TikTok, WeChat), spending an extensive amount of time watching videos. However, Anna always has poor sleep quality and short sleeping period, often experiencing midnight awakenings and difficulty falling back asleep, as well as early morning awakenings.*** * *Frequency:* ***Anna tends to spend almost every night, starting around 10:00 PM, getting immersed in watching TikTok videos for approximately 4 hours until around 2:00 AM, while Anna usually sleep for around 6 hours, with poor sleep quality.*** |

Negative health impact of the behaviour:

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| * ***According to the National Institute on Aging (2020), older adults require the same amount of sleep as all adults, which is around 7 to 9 hours per night.*** * ***However, Anna's ongoing behaviour results in sleep deprivation and exacerbates the issue further.*** * ***Consequently, Anna's ongoing behaviour can have severe physical health consequences, including cardiovascular disease, renal disease, hypertension, type 2 diabetes mellitus, stroke, obesity, and depression (National Heart, Lung, and Blood Institute of National Institutes of Health, 2022). This can be explained by the negative impact on immune cells due to insufficient and prolonged sleep deprivation, potentially leading to inflammatory disorders (Motivala, 2011).*** * ***In addition to compromising physical health, Anna's ongoing behaviour also contributes to mental health problems such as increased anxiety and distress levels (Blackwelder et al., 2021).*** * ***Anna's ongoing behaviour also worsens the sleep deprivation issue since smartphones emit a significant amount of blue light, which can suppress the production of a hormone that regulates sleep-wake cycles. This can result in difficulty falling asleep and disrupted sleep patterns (Correa-Iriarte et al., 2023).*** |

*(Wong Kwok Yin, 3036070362)*

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Section 2

Conscious thoughts that the case has about the behaviour; and interventions that might change their decision to continue the behaviour

Main reason(s) for behaviour according to the case:

* *(Fill in here)*

Case’s thoughts about benefits / positive aspects of the behaviour (including their importance):

* *(Fill in here)*

Case’s thoughts about costs / negative aspects of the behaviour (including their importance):

* *(Fill in here)*

Case’s illness cognition towards the illness(es) associated with the behaviour:

* *(Fill in here)*

Misunderstands, biases and errors that you might want to target (and the way to target them):

* *(Fill in here)*

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Section 3

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

One need that the case fulfil through the health-compromising behaviour:

* *(Fill in here)*

Alternative ways to fulfil the above need:

* *(Fill in here)*

Another need that the case fulfil through the health-compromising behaviour:

* *(Fill in here)*

Alternative ways to fulfil the above need:

* *(Fill in here)*

Yet another need that the case fulfil through the health-compromising behaviour:

* *(Fill in here)*

Alternative ways to fulfil the above need:

* *(Fill in here)*

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Section 4

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

According to the Transtheoretical Model, the person belongs to the stage of:

* *(Fill in here)*

Possible interventions to move them to the next stage of change:

* *(Fill in here)*

(Optional) Possible interventions to move them from contemplation stage to preparation stage:

* *(Fill in here)*

(Optional) Possible interventions to move them from preparation stage to action stage:

* *(Fill in here)*

Possible interventions to move them from action stage to maintenance stage:

* *(Fill in here)*

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Section 5 Analysis of the behaviour using the TPB; and interventions according to the case’s attitude, subjective norm, behavioural control, and intention

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Section 6

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

* *(Fill in here)*

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Section 7

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

Intervention 1

* *(Fill in here)*

Intervention 2

* *(Fill in here)*

Intervention 3

* *(Fill in here)*

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*Reference*

Motivala, S. J. (2011). Sleep and inflammation: psychoneuroimmunology in the context of cardiovascular disease. *Annals of Behavioral Medicine*, *42*(2), 141-152.

National Heart, Lung, and Blood Institute of National Institutes of Health. (2022, March 24). *What are sleep deprivation and deficiency?*. National Heart Lung and Blood Institute. <https://www.nhlbi.nih.gov/health/sleep-deprivation>

Blackwelder, A., Hoskins, M., & Huber, L. (2021). Peer reviewed: effect of inadequate sleep on frequent mental distress. *Preventing chronic disease*, *18*.

Correa-Iriarte, S., Hidalgo-Fuentes, S., & Martí-Vilar, M. (2023). Relationship between Problematic Smartphone Use, Sleep Quality and Bedtime Procrastination: A Mediation Analysis. *Behavioral Sciences*, *13*(10), 839.

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