THM Content Design Document

Title:	Transtheoretical Model of Behaviour Change
Course:	(the course code which this design is for)
Due date:	(when the demo is due, set by content manager)

Instructions Text:

In each scene, see how the person reacts to each stimulus by clicking and/or dragging the object to the person.

Based on these interactions, select the stage of the Transtheoretical Model of Behaviour Change which best captures this person's attitude toward regular exercise.

Description Text:

Classify scenarios according to the Transtheoretical Model.

Subject Filter:

Psychology

Subject Tags:

Psychology, Health

Special considerations / Additional resources:

The graphics in this design should be improved or replaced for the final demo.

Content manager approval:	(Sign off for THM content manager)
Professor approval:	(Sign off for the commissioning professor)

Question storyboard

Question number: 1

Title text block

Interact with all the objects in the scene below, then use the Control Panel to select the most accurate stage in the Transtheoretical Model. Then, click "Submit" and go to the next question.

Control Panel

Submit

Stage:

Description:

There is a scene of a person sitting on a chair (slouching), watching television and holding the remote control. There is light coming from the TV to show that it's turned on. On the floor, in the background, there are a set of weights, a soccer ball, and a book titled "Getting in Shape". The speech bubble is not present at first.

The student can interact with various items in the scene by clicking and/or dragging. The result is always that a speech bubble appears near the person's head, with different text. When the student hovers over any of the objects listed below, the outline should become thick to indicate it can be clicked.

Item	Interaction	Speech Bubble Text
Weights + soccer ball (one item)	Click+drag to person	I don't really feel like exercising right now. Maybe later on.
Book	Click+drag to person	Oh, I still haven't read that.
Television	Click	I'm busy watching that, can we talk later?
Chair	Click	I sit here almost all day. That's the way I like it!

Once the speech bubble appears, the object dragged moves back to its original position. The speech

bubble should appear for just 3 seconds, then disappear. If another item is clicked/dragged during this period, the text is replaced with the new text and the timer is restarted.

In the Control Panel, there is a dropdown menu with the following options:
Stage:
Precontemplation
Contemplation
Preparation
Action
Maintenance

The student must choose the correct option, then click "Submit".

Correct answer:

Precontemplation.
For the answer to be correct, the student must also have activated each object in the scene at least once.

Incorrect answer animation:

Any object in the scene that hasn't been activated gets a thick red outline. This remains for about 2 seconds, then disappears.

"Show Answer" animation:

Question storyboard

Question number: 2

Title text block

Below are some possible interpretations/classifications of the statements the person made in the previous question. Connect each box on the left with the most appropriate option on the right.

Control Panel

Submit

I don't really feel like exercising right now. Maybe later on.	Unmotivated/uncooperative to change behaviour.
Oh, I still haven't read that.	May be un- or under-informed
I'm busy watching that, can we talk later?	Avoids talking/thinking about the behaviour
I sit here almost all day. That's the way I like it!	Possible form of denial

Description:

There are two sets of items, in separate columns. The labels on the left should contain the picture of that object from the previous question, as well as the text label.

The student must correctly connect items from opposite columns by drawing lines between them, then click "Submit".

In the actual demo, the order of the labels should be randomized.

Correct answer:

In the storyboard above, the items directly across from each other are the ones that match.

Incorrect answer animation:

The incorrect connections are removed.

"Show Answer" animation:

The correct items are connected.

Question storyboard

Question number: 3

Title text block

Interact with all the objects in the scene below, then use the Control Panel to select the most accurate stage in the Transtheoretical Model. Then, click "Submit" and go to the next question.

Control Panel

Submit

Stage:

Description:

The scene is very similar, except now the remote control is on the arm of the chair, and the person is sitting with his hand on his chin, as if in thought. There is still light coming from the TV.

The student can interact with various items in the scene by clicking and/or dragging. The result is always that a speech bubble appears near the person's head, with different text. When the student hovers over any of the objects listed below, the outline should become thick to indicate it can be clicked.

Item	Interaction	Speech Bubble Text
Weights + soccer ball (one item)	Click+drag to person	Yeah, I'm pretty out of shape. Exercising seems like a lot of trouble though.
Book	Click+drag to person	Hmm, this might have some good advice. I'll start reading it.
Television	Click	I'm busy watching that, please leave it on.
Chair	Click	I don't get out of this chair much. It's probably not very healthy.

Once the speech bubble appears, the object dragged moves back to its original position. The speech bubble should appear for just 3 seconds, then disappear. If another item is clicked/dragged during this

period, the text is replaced with the new text and the timer is restarted.

In the Control Panel, there is a dropdown menu with the following options:
Stage:
Precontemplation
Contemplation
Preparation
Action
Maintenance

The student must choose the correct option, then click "Submit".

Correct answer:

Contemplation.
For the answer to be correct, the student must also have activated each object in the scene at least once.

Incorrect answer animation:

Any object in the scene that hasn't been activated gets a thick red outline. This remains for about 2 seconds, then disappears.

"Show Answer" animation:

Question storyboard

Question number: 4

Title text block

Below are some possible interpretations/classifications of the statements the person made in the previous question. Connect each box on the left with the most appropriate option on the right.

Control Panel

Submit

I've been wanting to exercise lately. Maybe I'll get to it soon.

Ambivalent to change; intending to act, but not committed.

So far it's fairly persuasive, but exercise seems like a lot of effort.

Considering whether change is worth the effort.

I don't get out of this chair much. It's probably not very healthy.

Aware of the problem behaviour.

Description:

There are two sets of items, in separate columns. The labels on the left should contain the picture of that object from the previous question, as well as the text label.

The student must correctly connect items from opposite columns by drawing lines between them, then click "Submit".

In the actual demo, the order of the labels should be randomized.

Correct answer:

In the storyboard above, the items directly across from each other are the ones that match.

Incorrect answer animation:

The incorrect connections are removed.

"Show Answer" animation:

The correct items are connected.

Question storyboard

Question number: 5

Title text block

Interact with all the objects in the scene below, then use the Control Panel to select the most accurate stage in the Transtheoretical Model. Then, click "Submit" and go to the next question.

Description:

The scene is very similar, except now the remote control is on the arm of the chair. The person is sitting normally, looking fairly relaxed but sitting up straight (not slouched like in Question 1). There is still light coming from the TV.

The student can interact with various items in the scene by clicking and/or dragging. The result is always that a speech bubble appears near the person's head, with different text. When the student hovers over any of the objects listed below, the outline should become thick to indicate it can be clicked.

Item	Interaction	Speech Bubble Text
Weights + soccer ball (one item)	Click+drag to person	I've lifted weights a few times. I should start doing it more regularly.
Book	Click+drag to person	I've been reading that. It has good tips for starting an exercise routine.
Television	Click	If TV is on: "Oh…you can turn that off if you want." (The light coming from the TV then disappears)

		If TV is off: "Sure, you may as well turn the TV on." (The light from the TV comes back on.)
Chair	Click	It's nice to sit down after going for a walk.

Once the speech bubble appears, the object dragged moves back to its original position. The speech bubble should appear for just 3 seconds, then disappear. If another item is clicked/dragged during this period, the text is replaced with the new text and the timer is restarted.

In the Control Panel, there is a dropdown menu with the following options:
Stage:
Precontemplation
Contemplation
Preparation
Action
Maintenance

The student must choose the correct option, then click "Submit".

Correct answer:

Preparation.
For the answer to be correct, the student must also have activated each object in the scene at least once.

Incorrect answer animation:

Any object in the scene that hasn't been activated gets a thick red outline. This remains for about 2 seconds, then disappears.

"Show Answer" animation:

Question storyboard

Question number: 6

Title text block

Below are some possible interpretations/classifications of the statements the person made in the previous question. Connect each box on the left with the most appropriate option on the right.

Control Panel

Submit

I've lifted weights a few times. I should start doing it more regularly.	On the verge of change; experimenting with small changes.
I've been reading that. It has good tips for starting an exercise routine.	Actively investigating options for change.
It's nice to sit down after going for a walk.	Transition from thinking about change to acting on it.

Description:

There are two sets of items, in separate columns. The labels on the left should contain the picture of that object from the previous question, as well as the text label.

The student must correctly connect items from opposite columns by drawing lines between them, then click "Submit".

In the actual demo, the order of the labels should be randomized.

Correct answer:

In the storyboard above, the items directly across from each other are the ones that match.

Incorrect answer animation:

The incorrect connections are removed.

"Show Answer" animation:
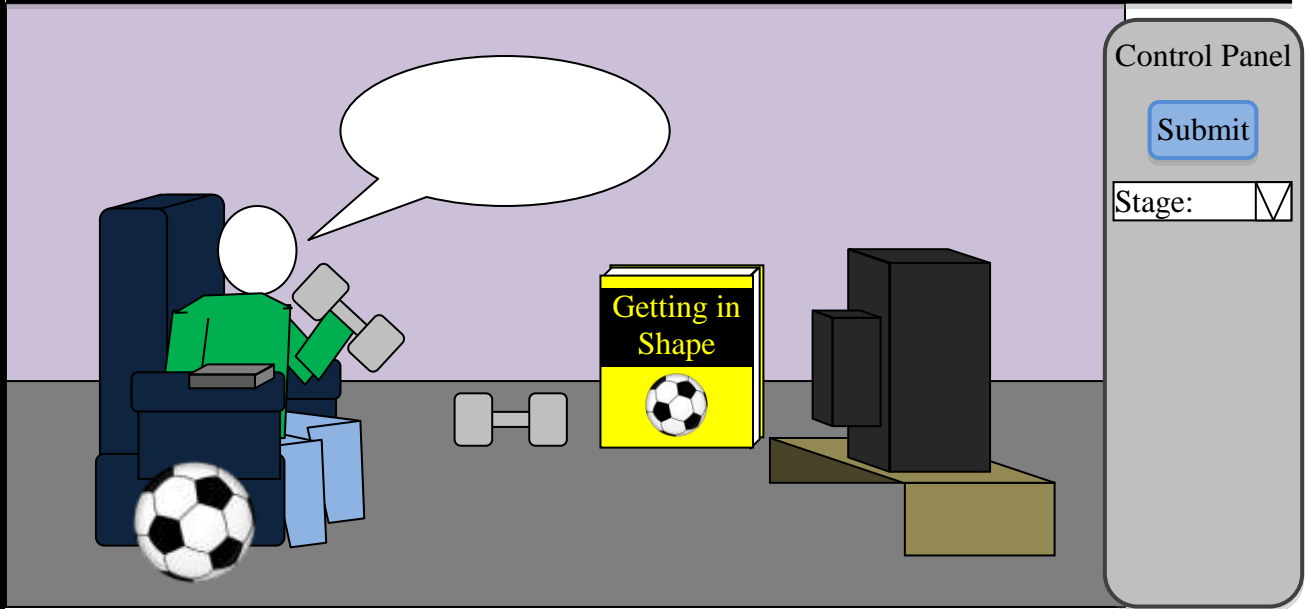
The correct items are connected.

Question storyboard

Question number: 7

Title text block

Interact with all the objects in the scene below, then use the Control Panel to select the most accurate stage in the Transtheoretical Model. Then, click "Submit" and go to the next question.

Control Panel

Submit

Stage:

Description:

Now, one of the weights from the floor is in the person's hand. In this question, the person should be animated to be continually lifting and lowering the weight. The soccer ball is now next to the chair. Also, the television is now facing the opposite direction.

The student can interact with various items in the scene by clicking and/or dragging. The result is always that a speech bubble appears near the person's head, with different text. When the student hovers over any of the objects listed below, the outline should become thick to indicate it can be clicked.

Item	Interaction	Speech Bubble Text
Soccer ball	Click+drag to person	I'm going out to play soccer with my friends this afternoon.
Book	Click+drag to person	It took me a while, but I read through the whole thing and made a workout schedule!
Television	Click	I turned the TV around so I wouldn't be tempted.
Chair	Click	I sit here to lift weights, 3 times a week for the last 5 months.

Once the speech bubble appears, the object dragged moves back to its original position. The speech

bubble should appear for just 3 seconds, then disappear. If another item is clicked/dragged during this period, the text is replaced with the new text and the timer is restarted.

In the Control Panel, there is a dropdown menu with the following options:
Stage:
Precontemplation
Contemplation
Preparation
Action
Maintenance

The student must choose the correct option, then click "Submit".

Correct answer:

Action.
For the answer to be correct, the student must also have activated each object in the scene at least once.

Incorrect answer animation:

Any object in the scene that hasn't been activated gets a thick red outline. This remains for about 2 seconds, then disappears.

"Show Answer" animation:

Question storyboard

Question number: 8

Title text block

Below are some possible interpretations/classifications of the statements the person made in the previous question. Connect each box on the left with the most appropriate option on the right.

Control Panel

Submit

I'm going out to play soccer with my friends this afternoon.

It took me a while, but I read through the whole thing and made a workout schedule!

I turned the TV around so I wouldn't be tempted.

I sit here to lift weights, 3 times a week for the last 5 months.

Commitment of time and energy.

Overt and definitive action; confidence in ability to change.

Actively using strategies to resist temptation.

Sustained change for around 6 months.

Description:

There are two sets of items, in separate columns. The labels on the left should contain the picture of that object from the previous question, as well as the text label.

The student must correctly connect items from opposite columns by drawing lines between them, then click "Submit".

In the actual demo, the order of the labels should be randomized.

Correct answer:

In the storyboard above, the items directly across from each other are the ones that match.

Incorrect answer animation:

The incorrect connections are removed.

"Show Answer" animation:
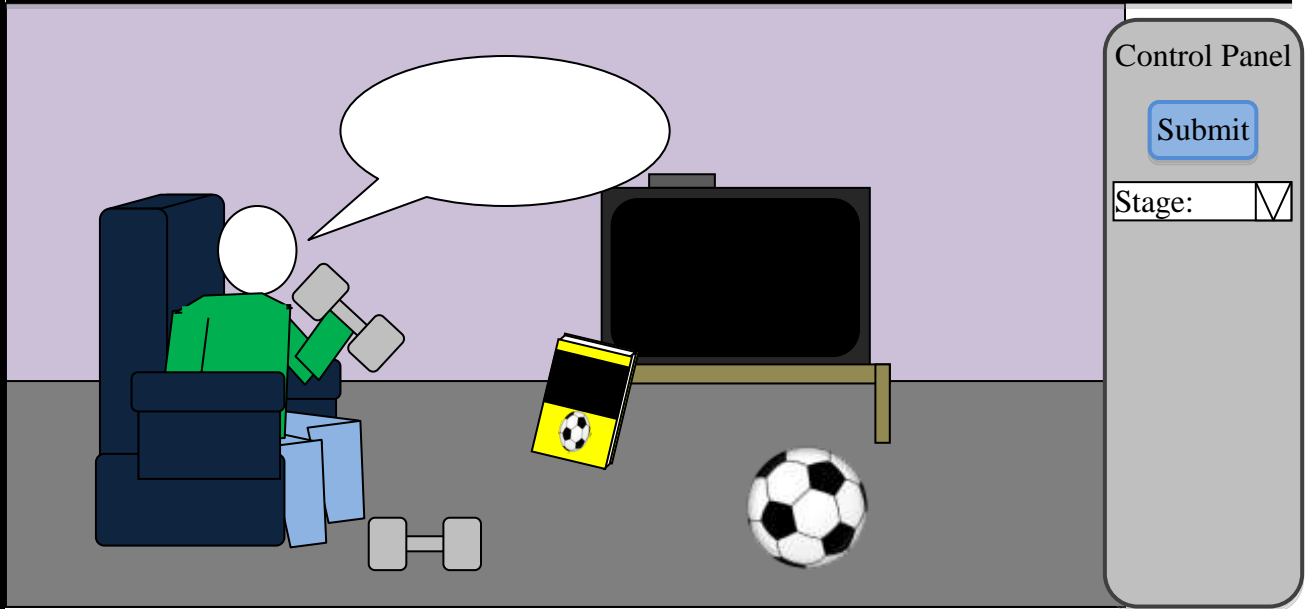
The correct items are connected.

Question storyboard

Question number: 9

Title text block

Interact with all the objects in the scene below, then use the Control Panel to select the most accurate stage in the Transtheoretical Model. Then, click "Submit".

Control Panel

Submit

Stage:

Description:

The person is still lifting weights. Now, the TV is against the wall. The book is propped up against the TV. The soccer ball is in the middle of the floor.

The student can interact with various items in the scene by clicking and/or dragging. The result is always that a speech bubble appears near the person's head, with different text. When the student hovers over any of the objects listed below, the outline should become thick to indicate it can be clicked.

Item	Interaction	Speech Bubble Text
Soccer ball	Click+drag to person	Soccer? Today's Monday, I play on Wednesday afternoons.
Book	Click+drag to person	I haven't need to look at that book in years!
Television	Click	I barely use the TV anymore. Hard to imagine how it used to be!
Chair	Click	Soon I want to get an exercise machine to replace this chair.

Once the speech bubble appears, the object dragged moves back to its original position. The speech bubble should appear for just 3 seconds, then disappear. If another item is clicked/dragged during this

period, the text is replaced with the new text and the timer is restarted.

In the Control Panel, there is a dropdown menu with the following options:
Stage:
Precontemplation
Contemplation
Preparation
Action
Maintenance

The student must choose the correct option, then click "Submit".

Correct answer:

Maintenance.
For the answer to be correct, the student must also have activated each object in the scene at least once.

Incorrect answer animation:

Any object in the scene that hasn't been activated gets a thick red outline. This remains for about 2 seconds, then disappears.

"Show Answer" animation:

Question storyboard

Question number: 10

Title text block

Below are some possible interpretations/classifications of the statements the person made in the previous question. Connect each box on the left with the most appropriate option on the right.

Control Panel

Submit

I haven't needed to look at that book in years!	Sustained change for 6 months to >5 years.
Soccer? Today's Monday, I play on Wednesday afternoons.	Patterns become automatic.
I barely use the TV anymore. Hard to imagine how it used to be!	Hard to imagine how it used to be.
Soon I want to get an exercise machine to replace this chair.	Confidence continues to increase.

Description:

There are two sets of items, in separate columns. The labels on the left should contain the picture of that object from the previous question, as well as the text label.

The student must correctly connect items from opposite columns by drawing lines between them, then click "Submit".

In the actual demo, the order of the labels should be randomized.

Correct answer:

In the storyboard above, the items directly across from each other are the ones that match.

Incorrect answer animation:

The incorrect connections are removed.

"Show Answer" animation:

The correct items are connected.