

## Health related behavior change II: Techniques, mechanisms of action, mediators and moderators 4,5 credits

Hälsorelaterad beteendeförändring II: Tekniker, verkningsmekanismer, mediatorer och moderatorer, 4,5 högskolepoäng

<b>Course code:</b>	FHVV035
<b>Third-cycle subject:</b>	Physiotherapy
<b>School:</b>	Health, Care and Social welfare
<b>Responsible department:</b>	Physiotherapy
<b>Valid from:</b>	260810
<b>Established by:</b>	Health, Care and Social welfare
<b>Decision date:</b>	250121
<b>Last modified:</b>	
<b>Level of education:</b>	Third cycle level
<b>Language:</b>	English

### Course objective

To deepen and develop knowledge about behavior change techniques and mechanisms of action for sustainable health related behavior change of relevance for the PhD student's research field and thesis.

### Course content

- Behavior change techniques taxonomy (categorization of behavior change techniques) within the research field.
- Behavior change techniques and their mechanisms of action in interventions for sustainable health related behavior change.
- Interventions' mediator and moderator of relevance for the research field and thesis.
- Effectiveness of behavior change techniques in interventions for sustainable health related behavior change of relevance for the research field and thesis.

## Intended learning outcomes

After completing the course, the student should be able to:

- 1 differentiate and categorize behavior change techniques within the research field
- 2 analyze and value behavior change techniques and their mechanisms of action in interventions for sustainable health related behavior change of relevance for the research field and thesis
- 3 identify, assess, and value mediators and moderators of interventions in relation to independent and dependent variables of relevance for the research field and thesis.
- 4 evaluate the effectiveness of behavior change techniques for sustainable health related behavior change in interventions of relevance for the research field and thesis.

## The intended qualitative targets in relation to the Higher Education Ordinance, appendix 2.

### *Knowledge and understanding*

For the Degree of Doctor, the doctoral student shall demonstrate:

- A1: broad knowledge and systematic understanding of the research field as well as advanced and up-to-date specialised knowledge in a limited area of this field, and
- A2: familiarity with research methodology in general and the methods of the specific field of research in particular.

### *Competence and skills*

For the Degree of Doctor, the doctoral student shall demonstrate:

- B1: the capacity for scholarly analysis and synthesis as well as to review and assess new and complex phenomena, issues, and situations autonomously and critically,
- B2: the ability to identify and formulate issues with scholarly precision critically, autonomously, and creatively, and to plan and use appropriate methods to undertake research and other qualified tasks within predetermined time frames and to review and evaluate such work,

### *Judgement and approach*

For a Degree of Doctor, the doctoral student shall demonstrate

- C2: specialised insight into the possibilities and limitations of research, its role in society and the responsibility of the individual for how it is used.

## Teaching formats

Digital and campus-based lectures and seminars.  
Campus: Västerås

## Examination

INL1 Individual assignment, 3,0 credits  
SEM1 Seminar, 1,5 credits

## Grade

Examinations included in the course are assessed according to a two-grade scale, fail or pass.

Grades are to be decided by a teacher specially appointed by the university.

A person who has not passed the regular examination shall be given the opportunity to retake the test.

## Requirements

To participate in the course and the examinations included in the course, the applicant must be admitted to doctoral studies at Mälardalen University, other university in Sweden or other higher education institutions outside Sweden.

## Specific entry requirements

Approved result at *Health related behavior change I: Theories, frameworks and interventions*, 3 credits, or equivalent.

## Selection criteria

Doctoral students admitted to other subjects at Mälardalen University may be admitted to the course, subject to availability. The same applies to doctoral students admitted to other higher education institutions within and outside of Sweden. Selection of applicants will be made in accordance with the ranking below.

1. Doctoral students in Physiotherapy at Mälardalen University
2. Doctoral students in physiotherapy/medicine/health sciences at other universities in Sweden.
3. Doctoral students at Mälardalen University
4. Doctoral students at other universities in Sweden
5. Doctoral students at other higher education institutions outside Sweden.