

H075 Behavioral Science

First Semester, MPH Elective but Required

Session Time:	Wednesday, 1st
Offered by:	Department of Health Promotion and Human Behavior
Director and Instructors:	Professor Toshiaki Furukawa (Director)
Room:	Practicum Room, 3rd Floor, Bldg G
Office Address:	Health Promotion and Human Behavior (TEL: 9491 E-mail: furukawa@kuhp.kyoto-u.ac.jp)
Level(basic, intermediate, advanced):	Basic
Prerequisites, corequisites, and recommended subjects:	None

I. Course Description

This course will introduce outlines of representative behavior theories/concepts, with particular focus on those which have demonstrated effectiveness in practices.

II. Goals and Objectives of the Course

- To be able to explain the outlines of representative behavioral theories.
- To be able to critically examine which theories are effective and useful pragmatically.
- To be able to apply behavioral theories in the areas in which the participants are interested.

III. Methods of Instruction

Lecture, presentation of reports

IV. Course Readings

Required text: None.

Suggested reading:

- Feldman MD and Christensen. Behavioral Medicine- A Guide for Clinical Practice. 3rd edition. McGraw-Hill, 2008
- Glanz et al. Health behavior and health education-theory, research and practice 3rd

edition, Jossey-Bass, San Francisco, 2002

- Matsumoto et al. Basics of health behavior theories for medical and welfare personnel. (医療・保健スタッフのための健康行動理論の基礎)、医歯薬出版、2002

V. Evaluation

Attendance 50 %, Report 50% (To get credit 60% in total will be required)

VI. Message

This year the class is not open to students from Graduate School of Human Health Science.

Lecture schedule	
April 10	Theories in behavioral medicine (1) Health belief model, Transtheoretical model, Theory of planned behavior, Social cognitive model
April 17	Theories in behavioral medicine (2) Cognitive-behavioral model
April 24	Assessment of common psychiatric symptoms
May 8	Discussion: what topics are you interested in?
May 15	Diabetes mellitus, Heart disease
May 22	Smoking cessation, Treatment adherence
June 5	Presentation of reports (1)
June 12	Presentation of reports (2)
