

Course title <English>	行動科学 【領域5】 Behavioral Science		Affiliated department, Job title, Name	Graduate School of Medicine Associate Professor, WATANABE NORIO Graduate School of Medicine Professor, FURUKAWA TOSHIKI Graduate School of Medicine Assistant Professor, OGAWA YUSUKE	
Target year	Professional degree students	Number of credits	1	Course offered year/period	2018/The first half of first semester
Day/period	Tue.1	Class style	Lecture	Language	Japanese and English
[Outline and Purpose of the Course]					
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. Methods of Instruction Lecture, group discussion					
[Course Goals]					
<ul style="list-style-type: none"> • To be able to explain the outlines of representative behavioral theories. • To be able to apply behavioral theories in the areas in which the participants are interested. 					
[Course Schedule and Contents]					
April 17 Introduction, Health belief model April 24 Transtheoretical model, Theory of planned behavior May 1 Social cognitive model May 15 Cognitive-behavioral model, Cognitive behavioral therapy May 22 Stress and coping May 29 Psychiatric symptoms, behavioral disorders June 12 Overview (1) June 19 Overview (2), Examination					
[Class requirement]					
MPH Elective but Required					
[Method, Point of view, and Attainment levels of Evaluation]					
Participation 50 %, Examination 50% (To get credit 60% in total will be required)					
[Textbook]					
lecture materials					
[Reference books, etc.]					
(Reference books) Required text: None.					
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行動科学 【領域5】(2)

Suggested reading:

- Glanz et al. Health behavior and health education-theory, research and practice 4th edition, Jossey-Bass, San Francisco, 2008
- 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

[Regarding studies out of class (preparation and review)]

Review lessons.

(Others (office hour, etc.))

The class is not open to students from Graduate School of Human Health Science.

*Please visit KULASIS to find out about office hours.