

Behavior Change

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To deal wisely with different classes of minds, under varied circumstances and conditions, is a work requiring wisdom and judgment enlightened and sanctified by the Spirit of God...

Acts of the Apostles, 385.3



An important lesson for every minister of Christ to learn is that of adapting his labors to the condition of those whom he seeks to benefit.

Acts of the Apostles, 385.3

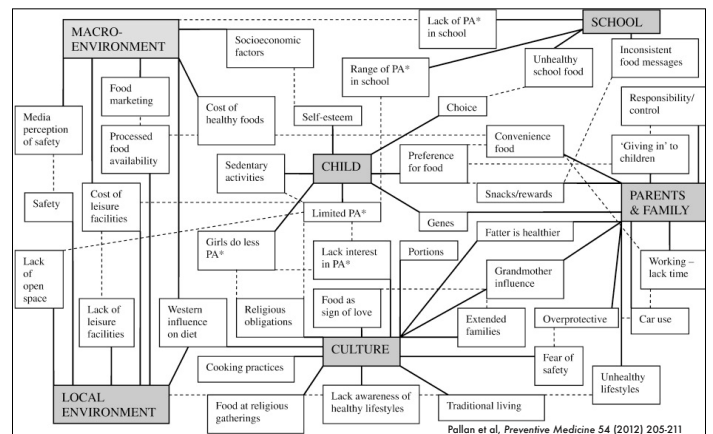


Tenderness, patience, decision, and firmness are alike needful; but these are to be exercised with proper discrimination.

Acts of the Apostles, 385.3



Many Factors Affect Health



It is a nice and important work to deal with minds, to leave a right impression, to give the right mold to character.

Counsels on Sabbath School Work, 165.2



It is a wise educator who seeks to call out the ability and powers of the student, instead of constantly endeavoring to impart instruction.

Counsels on Sabbath School Work, 165.2



5 Steps to Behavior Change

Jerry W. Lee, PhD, Loma Linda University School of Public Health
Watson and Tharp, Self-Directed Behavior (9th Ed)



GROUP ACTIVITY

Divide into groups of 5-6 people

Choose a scribe

I. Select a Behavior

- Be specific
 - ▶ I will walk 3 miles, four days a week
- List concrete examples
 - ▶ I overeat at company parties and team lunches
- Focus on a behavior, not a result
 - ▶ Eat fewer calories vs. lose weight
- Increase a healthy behavior in place of the unhealthy
 - ▶ Drink water instead of having a late night snack



GROUP ACTIVITY

Select a behavior to change

2. Observe the Behavior

- Record the ABCs of the behavior in a diary
 - ▶ Antecedent — what leads to the behavior (who, what, where, when, why, how)
 - ▶ Behavior — details of what happened (thoughts, feelings, actions)
 - ▶ Consequences — what happened after the behavior; how you felt
- Knowing these helps understand the causes & consequences



GROUP ACTIVITY



Write ABCs that may be associated with the behavior

3. Develop a Plan

- A good plan will include how to:
 - ▶ Change antecedents
 - ▶ Change behaviors
 - ▶ Change consequences



Changing Antecedents

- Avoid triggers — don't buy junk food
- Limit the time or space behavior can occur
- Rethink antecedent so it is not as attractive
- Disrupt chain of events — don't go shopping when you are hungry
- Take a pause before acting/reacting
- Create new antecedents that promote healthy behaviors



Changing Behaviors

- Substitute positive thoughts or behaviors
- Distract yourself by doing another activity
- Replace with incompatible behavior — smile instead of frown
- Rehearse new behavior — real or imagined
- Observe those who have the healthy behavior (modeling)
- Gradually take “baby steps”



Changing Consequences

- Identify reinforcers that strengthen the behavior
 - ▶ Can be an item, activity, or time with or praise from a person
- Use tokens as rewards; trade for a prize
- Use verbal reinforcement
- Involve family and friends for social support



GROUP ACTIVITY



4. Apply the Plan

- Monitor success with a diary, chart, graphs, etc
- Use problem solving if the plan isn't working
 - Define the problem clearly
 - List numerous alternate plans ➤ pick one to implement
- Continue to observe and modify plan as needed

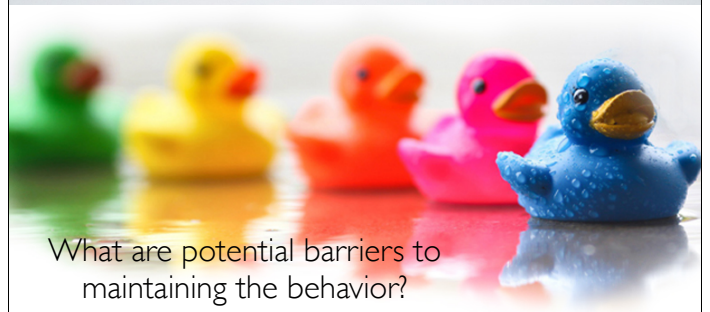


5. Maintain the Behavior

- Distinguish between lapses and relapses
 - Lapse — slip or mistake
 - Relapse — going back to unwanted behavior
- Don't assume failure
- Plan for high-risk situations
- Analyze what went wrong, emotional state
- Continue with social support system



GROUP ACTIVITY



Transtheoretical Model

Stages of Change
Prochaska & DiClemente



Stages of Change

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance



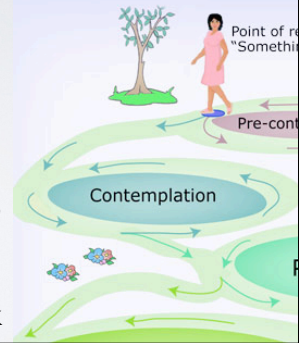
Stages of Change: Pre-contemplation

- Person is not thinking about changing
- They do not intend to take action
- Ex: My doctor said I need to stop smoking, but I'm not giving it up!



Stages of Change: Contemplation

- Person **is** thinking about changing
- They plan to take action within the next six months
- Ex: My doctor said I need to stop smoking, but I'm going to wait till after I'm done with this big project at work



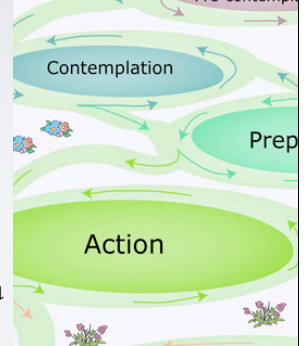
Stages of Change: Preparation

- Person getting ready to make the change
- They plan to take action within the next month
- Ex: I'm going to take the stop smoking class next month



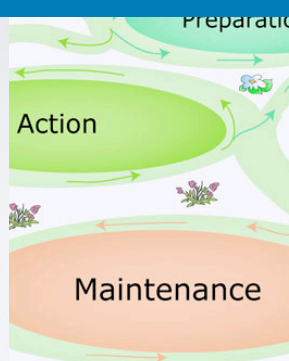
Stages of Change: Action

- Person is in process of changing
- They took action within the past six months
- Ex: I attended the first two weeks of the stop smoking class and haven't touched a cigarette in three days!



Stages of Change: Maintenance

- Person is has made the change and is keeping it up
- Made the change more than six months ago
- Ex: It has been 18 months since I stopped smoking!



Keep in Mind

- Time periods are not exact
- It is a continuous process
- Person can be in various stages throughout the day



Keep in Mind

- Behavior is cyclical
- Relapse can happen ➤
Get them back on their feet



It is a very nice work to win souls to Christ. It is the greatest work ever given to mortal man, to deal with human minds. If you find access to the hearts of men bearing almost every stamp of character, you must heed the injunction of the apostle to be courteous...

Gospel Workers (1892), 395.2



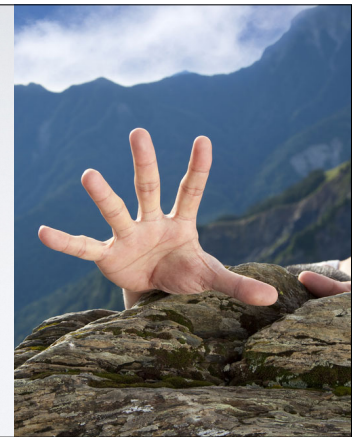
Love will do that which argument will fail to accomplish. Love is power. The workers need to bring the love of Jesus into their labors.

Gospel Workers (1892), 395.2



PROVERBS 24:16

"for though the righteous fall seven times, they rise again..."



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