



J N MEDICAL COLLEGE



CONSTITUENT UNIT OF KLE ACADEMY OF HIGHER EDUCATION & RESEARCH

Accredited "A" Grade by NAAC (2nd cycle)

Placed in Category "A" by MHRD (GoI)

DEPARTMENT OF PUBLIC HEALTH



Value Added Course

On

HEALTH BEHAVIOUR AND SOCIOLOGY

AIM

Aim of this course is to train the participants on Health Behaviour and Sociology.

OBJECTIVE

At the end of the course candidates will be able to,

- **Bring about positive Health Behaviors among participants.**
- **Introduce basic social processes of society, social institutions and patterns of social behaviour.**
- **Understand and to interpret objectively the role of social processes, social institutions and social interactions in their lives.**

DURATION: 8 Weeks (24 hours)
MEDIUM OF INSTRUCTION: English

COURSE CONTENT

- **Health Belief Model (HBM)/ Risk Perception**
- **Theory of Reasoned Action/ Theory of Planned Behavior**
- **Social Cognitive Theory (SCT)/ Self-Efficacy (SE)**
- **Trans Theoretical Model (TTM)**
- **Motivation and Self-Efficacy; Stress, Coping, and Social Support**
- **Self-Determination Theory (SDT)**
- **Motivational Interviewing**
- **Behavior Modification**
- **Goal Setting, Attributions, Self-Regulation**
- **Building Conceptual Frameworks**
- **Elaboration Likelihood Model/**
- **Cognitive Load Theory**
- **Theory-Informed Interventions**

