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Can we teach an old dog new tricks? Teaching behaviour change to health practitioners in Paraguay

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1 Background

- The use of **theory- and evidence-based approaches for health promotion in the real world** is highly recommended ¹
- Caregivers and practitioners** have an essential role in promoting **behaviour change**, BUT some studies indicate that **they lack confidence, motivation, skills and training** to deliver **behaviour change interventions** ²
- Past **trainings in behaviour change techniques** have increased **intention and self-efficacy** ³



2 Context



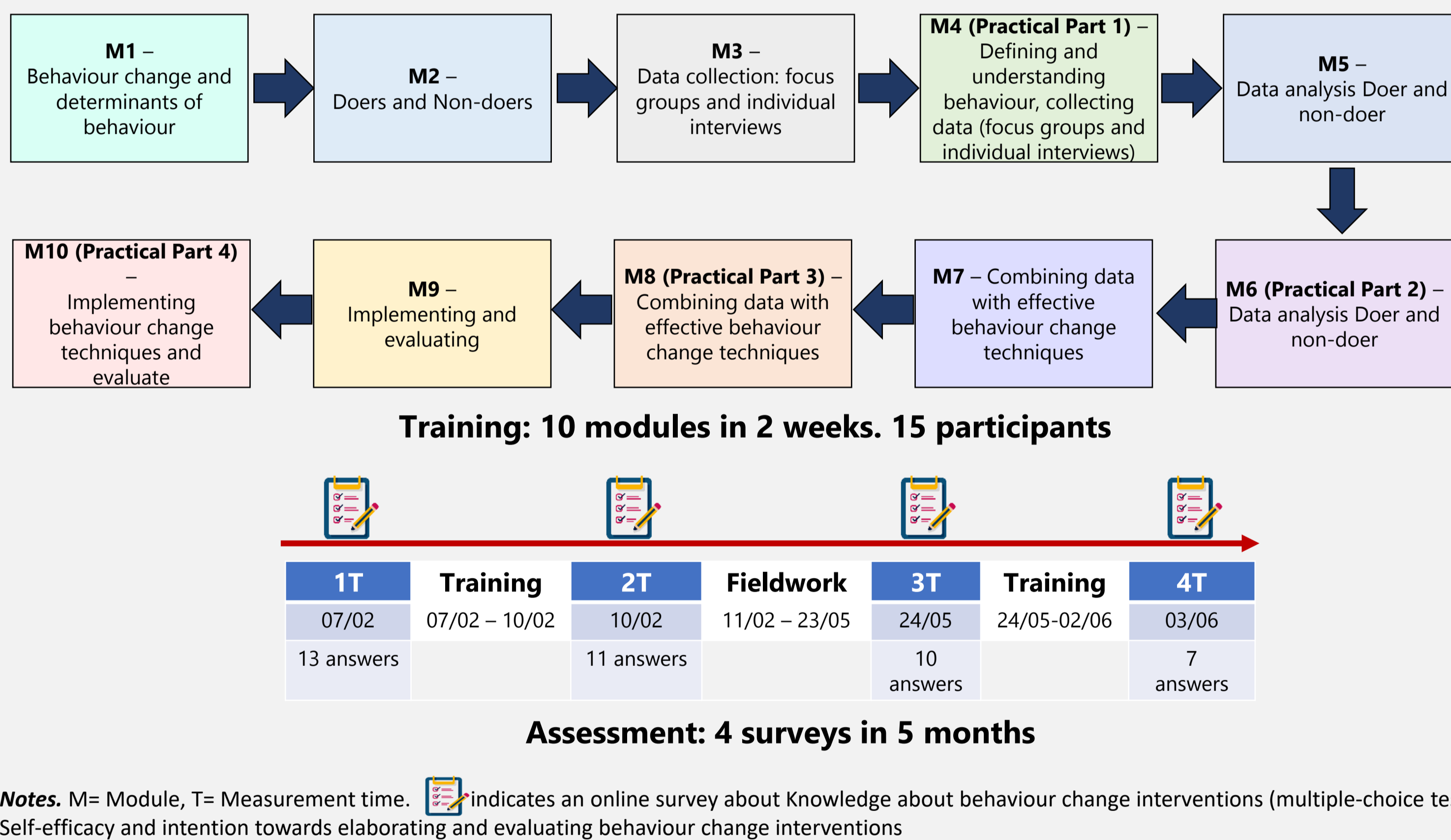
- Collaboration** between **research** and **NGOs** (Swiss Red Cross and Tesai Reka Paraguay)
- Tesai Reka Paraguay works in **promoting community-based family health in rural areas in Paraguay**.

3 Aims



- To carry a training on how to **elaborate, implement and evaluate behaviour change interventions** based on theory- and evidence-based approaches
- To assess the **effects of the training** on **knowledge, self-efficacy and intention** towards using TEAs for behaviour change interventions.

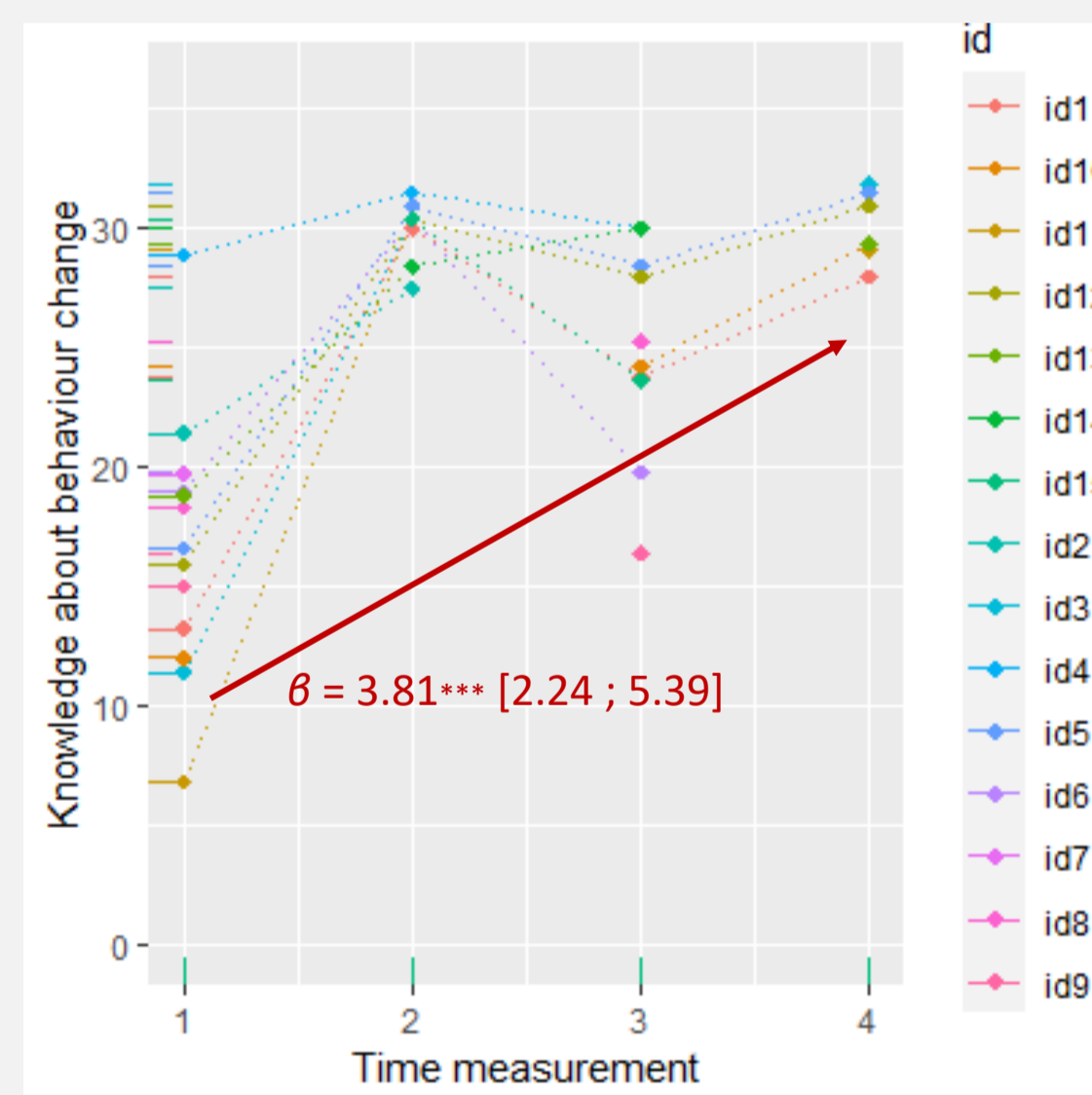
4 Methodology



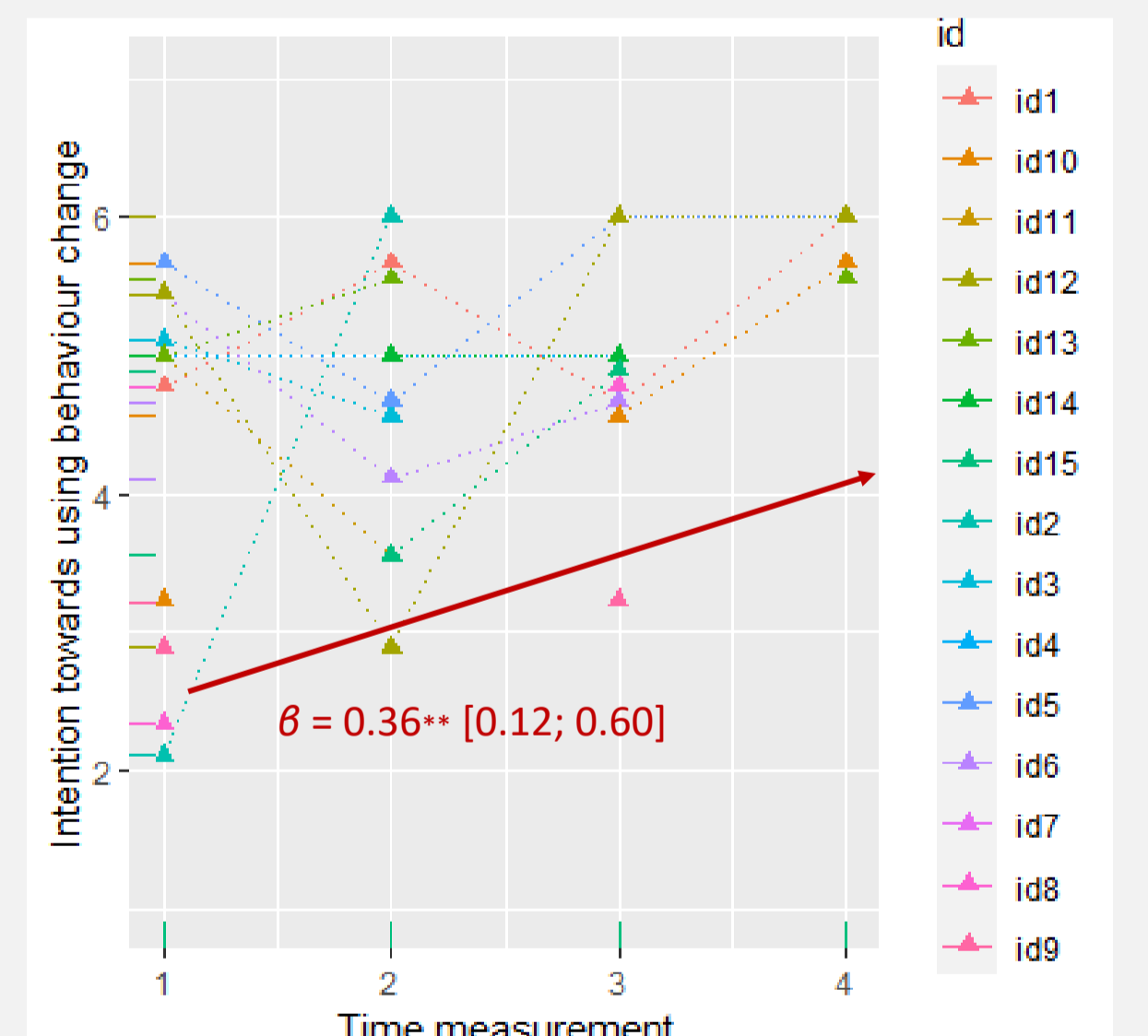
Notes. M= Module, T= Measurement time. indicates an online survey about Knowledge about behaviour change interventions (multiple-choice test), Self-efficacy and intention towards elaborating and evaluating behaviour change interventions

5 Results

Knowledge about behaviour change



Intention towards using behaviour change



6 Conclusions and Perspectives

It seems that **YES**, we can teach an old dog new tricks !

- Health practitioners increased their **knowledge, self-efficacy and intention** to use theory- and evidence-based behaviour approaches to change behaviour

BUT...

- More **robust methodologies** (e.g., a control group) should be used and **data** about actual health promotion **practices** should be collected



References

- ¹ Bartholomew, L. K., Markham, C., Rutter, R. A., Fernández, M. E., Kok, G., & Parcel, G. S. (2016). Planning health promotion programs: An intervention mapping approach, 2nd ed. (4th ed., p. xxiv, 765). Jossey-Bass
- ² Nelson, P. A., Kane, K., Chisholm, A., Pearce, C. J., Keyworth, C., Rutter, M. K., Chew-Graham, C. A., Griffiths, C. E. M., Cordingley, L., & the IMPACT Team (Identification and Management of Psoriasis-Associated Co-morbidity). (2016). 'I should have taken that further' - missed opportunities during cardiovascular risk assessment in patients with psoriasis in UK primary care settings: A mixed-methods study. Health Expectations, 19(5), 1121-1137. <https://doi.org/10.1111/hex.12404>
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More information about the used tools and materials.
+ A preprint is coming soon...



OSF Project