



**HAL**  
open science

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

Claudia Teran-Escobar, Monika Christofori-Khadka, Nicole Rahle, Aïna Chalabaev

### ► To cite this version:

Claudia Teran-Escobar, Monika Christofori-Khadka, Nicole Rahle, Aïna Chalabaev. Can we teach an old dog new tricks? Teaching behaviour change to health practitioners in Paraguay. Annual Conference of the European Health Psychology Society, Sep 2023, Bremen, Germany. 2023. hal-04409448

**HAL Id: hal-04409448**

**<https://hal.parisnanterre.fr/hal-04409448>**

Submitted on 22 Jan 2024

**HAL** is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

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

Claudia Teran-Escobar<sup>1\*</sup>, Monika Christofori-Khadka<sup>2</sup>, Aina Chalabae<sup>3</sup> & Nicole Rähle<sup>2</sup>

<sup>1</sup> Department of Psychology, University Paris Nanterre, Nanterre, France

<sup>2</sup> Swiss Red Cross, Bern, Switzerland

<sup>3</sup> Univ. Grenoble Alpes, SENS, F-38000 Grenoble, France

\* Corresponding author: Claudia Teran-Escobar ([claudia.teran.e@gmail.com](mailto:claudia.teran.e@gmail.com) or [@ClaudiaTeranEs1](https://twitter.com/ClaudiaTeranEs1))

## 1 Background

- The use of **theory- and evidence-based approaches for health promotion in the real world** is highly recommended <sup>1</sup>
- 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** <sup>2</sup>
- Past **trainings in behaviour change techniques** have increased **intention and self-efficacy** <sup>3</sup>



## 2 Context



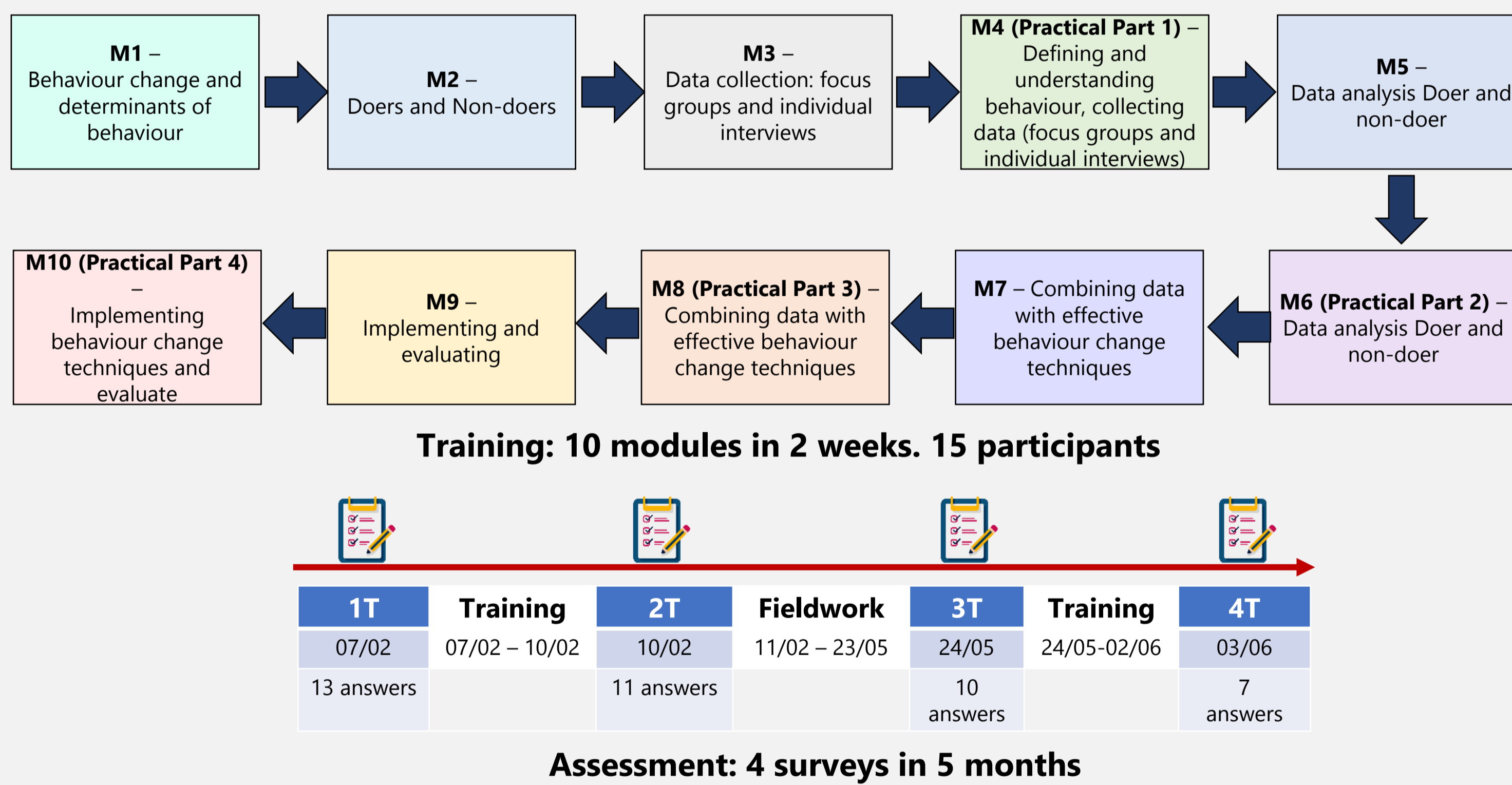
- Collaboration** between **research** and **NGOs** (Swiss Red Cross and Tesai Reka Paraguay)
- Tesai Reka Paraguay works in **promoting community-based family health in rural areas in Paraguay**.

## 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.

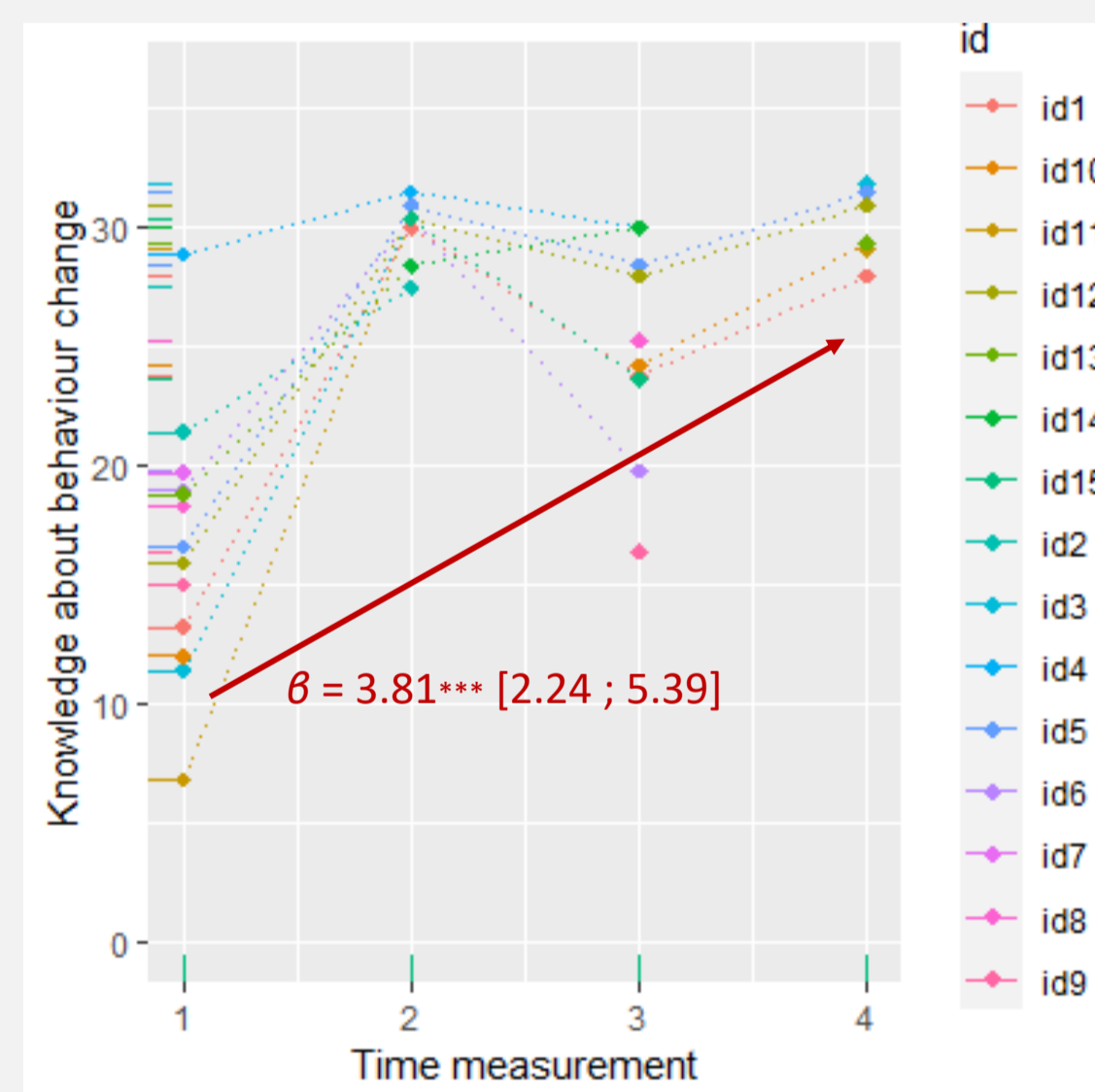
## 4 Methodology



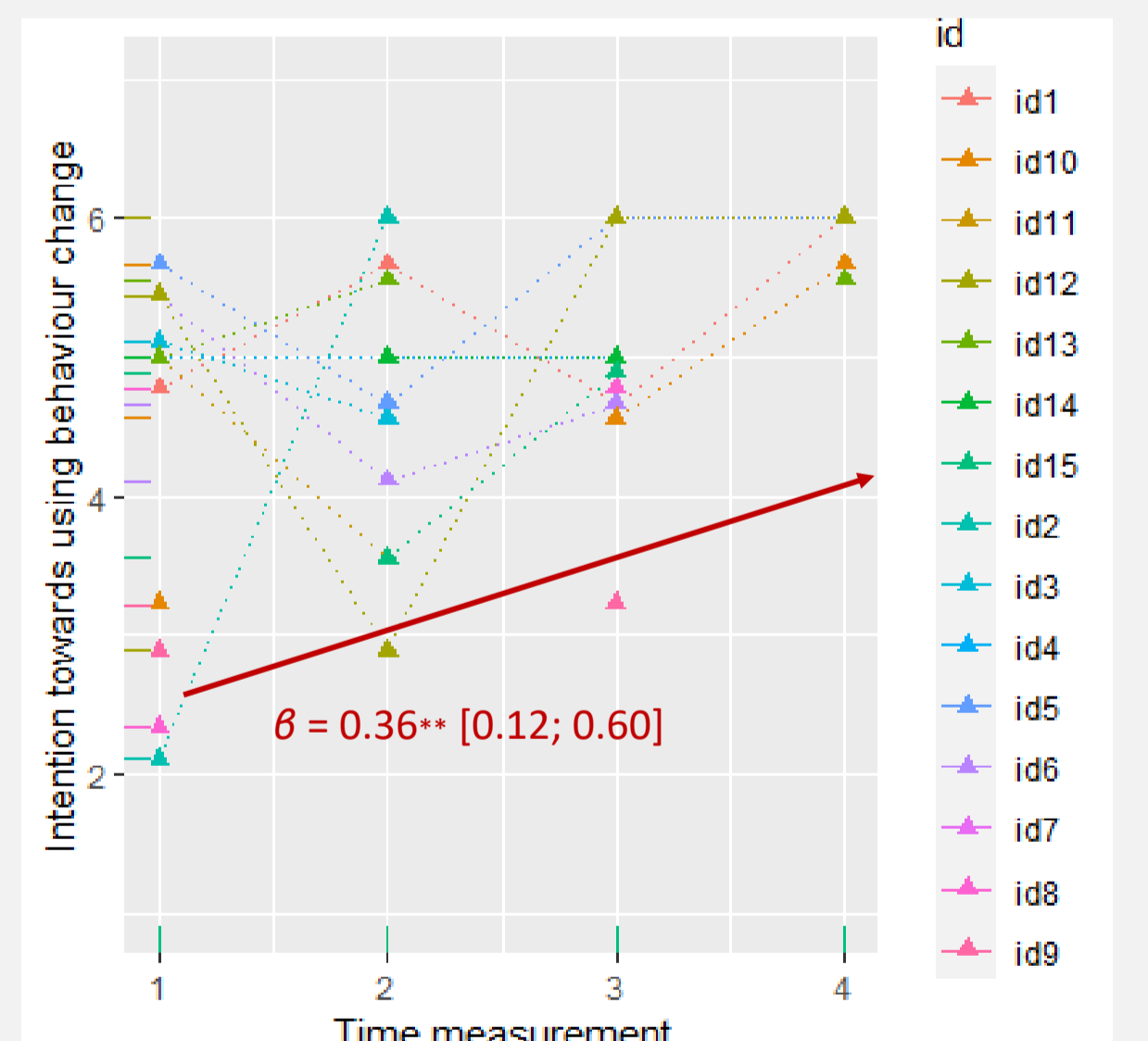
Notes. M= Module, T= Measurement time. indicates an online survey about Knowledge about behaviour change interventions (multiple-choice test), Self-efficacy and intention towards elaborating and evaluating behaviour change interventions

## 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

- <sup>1</sup> 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
- <sup>2</sup> 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>
- <sup>3</sup> Bull, E. R., & Dale, H. (2021). Improving community health and social care practitioners' confidence, perceived competence and intention to use behaviour change techniques in health behaviour change conversations. Health & Social Care in the Community, 29(1), 270-283. <https://doi.org/10.1111/hsc.13090>

More information about the used tools and materials.  
+ A preprint is coming soon...



OSF Project