**UCSD-SDSU Joint Doctoral Program in Public Health**

**SYLLABUS, Winter 2022**

**FPM276: Health Behavior Interventions I**

**TIME:** Mondays 1:00 PM--5:00 PM

**LOCATION:** MET -MedEd 313

**INSTRUCTOR:** Shu-Hong Zhu, PhD

UCSD HWSPH

[szhu@health.ucsd.edu](mailto:szhu@health.ucsd.edu)

Course description: The course covers concepts and approaches in the design, implementation, and evaluation of health behavior interventions. Research literature shows that some behavioral interventions are effective but many are not; the reasons are not always carefully examined. As a result, researchers continue to design interventions with small modifications that eventually will be shown ineffective. This course focuses on design heuristics that can increase the chance of success of interventions. It covers topics such as the choice of subjects, the measurement of baseline predictors, the specific and nonspecific effects of interventions, the unexpected improvement in the control group and the subadditivity of multiple interventions. The difference between individual- and population-based interventions will be the focus of the second half of the course and concepts such as Rose paradox and Simpson paradox will be discussed. Course assessment will be based on participation and performance in class discussion and a final paper in which students propose a new study using the concepts covered in the class (Fifty percent of the grade will be based on class discussion and 50% on the final paper)

Two books are required reading, in addition to journal articles to be given for each class:

Bruce E. Wampold (2001): The Great Psychotherapy Debate: Models, Methods, and Findings: Lawrence Erlbaum Associates, Inc. (There is an updated, 2015 edition of the book. This class prefers the 2001 version)

Rose R., Khaw, K-T., Marmot, M. (2008): Rose’s Strategy of Preventive Medicine: Oxford University Press,

Class 1: Overview

Class 2: The effect size of behavioral interventions

Class 3: Relative effects of intervention based on different theories of change

Class 4: Matching treatment with individual characteristics

Class 5: Two-group vs. three group design

Class 6: Heuristics for creating effective interventions

Class 7: The Rose paradox

Class 8: Measuring the effects of population-based interventions

Class 9: Reducing disparity

Class 10: Final presentations