

Development, implementation and evaluation of a training intervention for primary care providers on brief behaviour change counselling, and assessment of the provider's competency in delivering this counselling intervention

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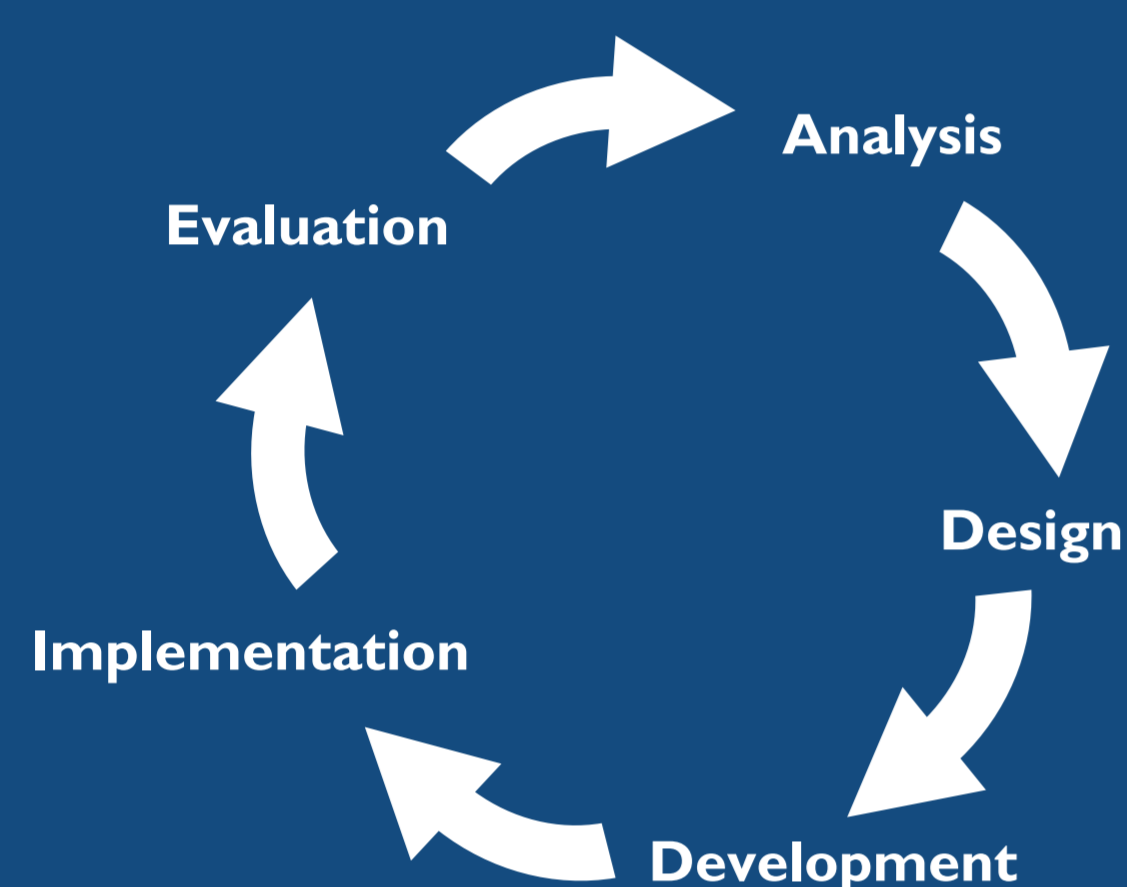
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AIM

The course is aimed at professionals dealing with health related behaviour change counselling e.g. physical activity, smoking, substance abuse, healthy eating and overweight/obesity.

Development model



Design elements

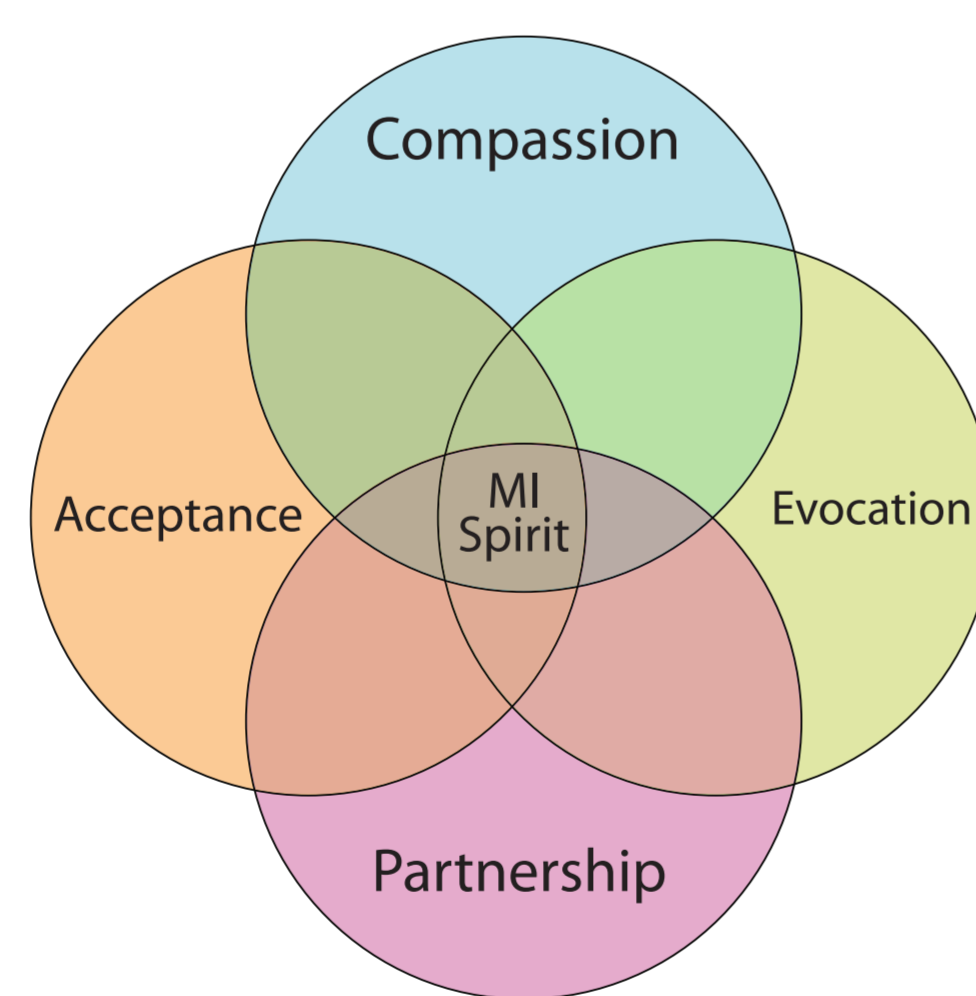
- 8 Hour Short Course
- Integrated workshop approach

Course Materials

(www.ichange4health.co.za)

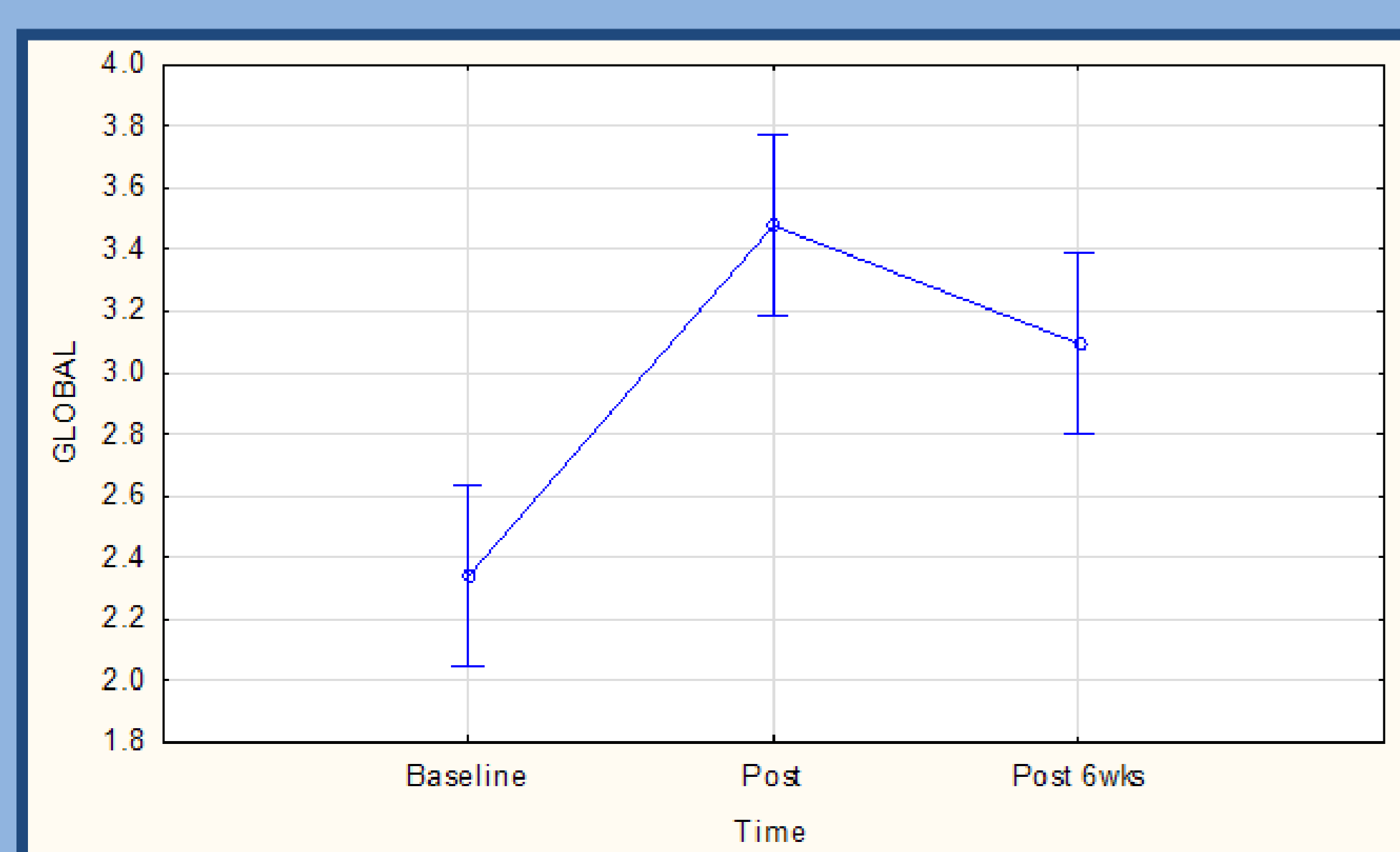


The approach is based on the **5A structure (Ask, Alert, Assess, Assist and Arrange)** and a guiding style of communication based on motivational interviewing principles.

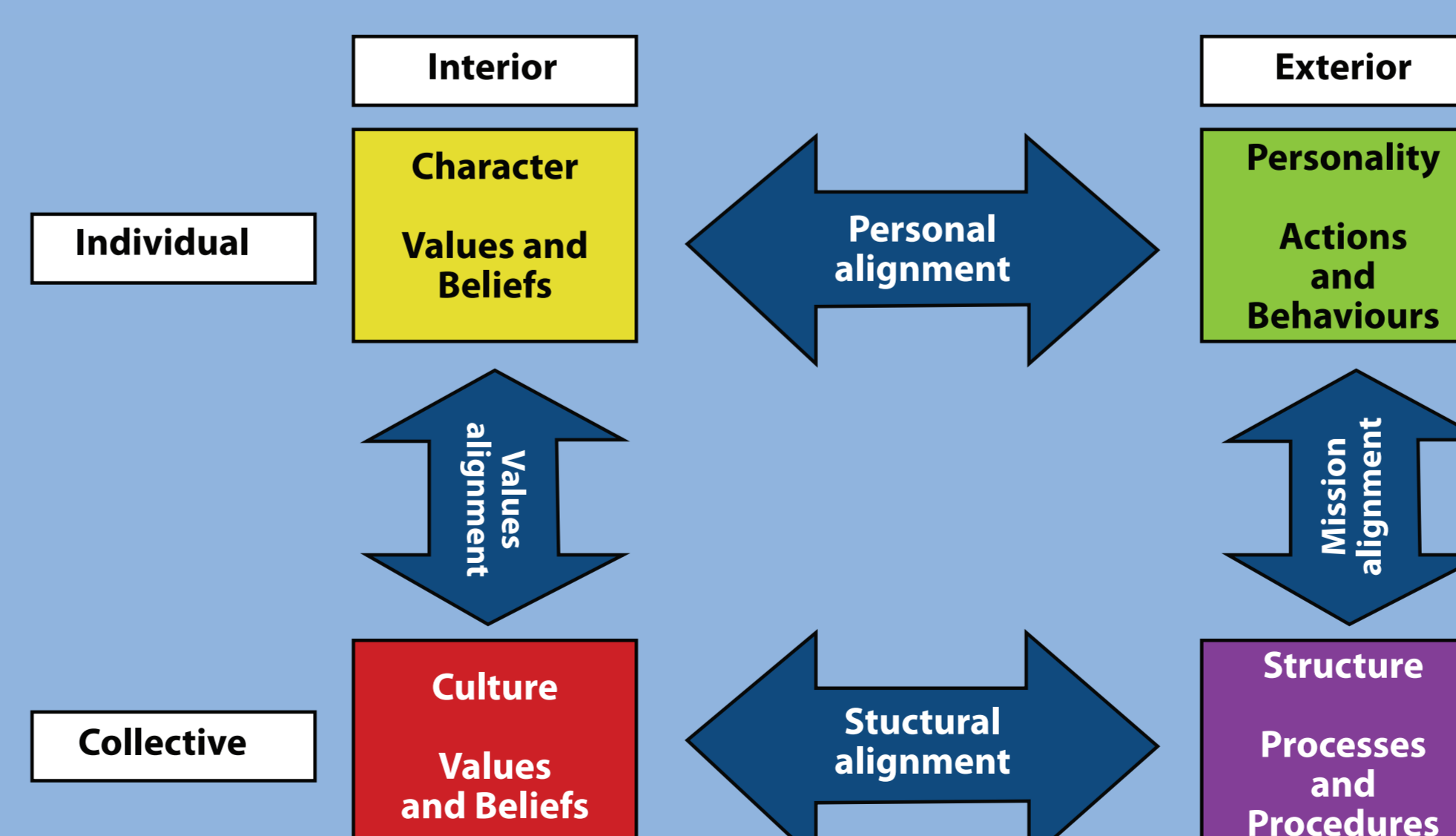


Evaluation

Time; LS Means
Current effect: $F(2,76)=31.854, p=.00000$
Type III decomposition
Vertical bars denote 0.95 confidence intervals



Implementation



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