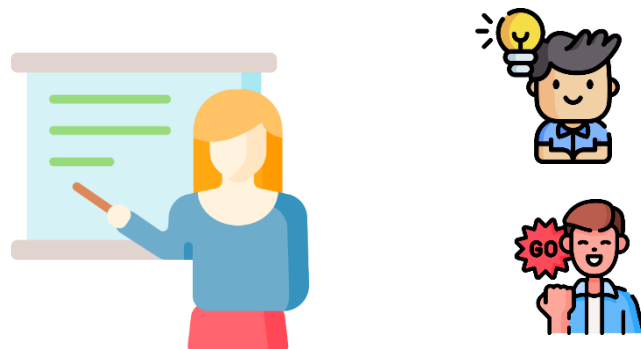




Behaviour change for Health And Sustainability

8th International CBC Conference



A pilot study on how a training on behaviour change approaches may increase knowledge, intention and self-efficacy within practitioners in Paraguay

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November 9th 2022
Oral session 11. Changing the behaviour of (informal) caregivers



1. Theory- and evidence based approaches (TEAs)

- **Promoting behaviour change** → use Theory- and Evidence-based Approaches (TEA's) (e.g., Bartholomew et al., 2016 ; Hankonen & Hardeman, 2020 ; Michie et al., 2011)



- Bigger effect sizes (Webb et al., 2010)
- More consistent effects (McEwan et al., 2019)

1. Adopting TEAs in real world

- **Caregivers and practitioners** have an **essential role** in promoting behaviour change, but, **they rarely use TEAs in their practice** (e.g., Keyworth et al., 2018)
- **Training** in the use of **behaviour change techniques** increase intention/self-efficacy (Bull et al., 2020) → it might lead to **behaviour change in the target populations** (e.g., Rubak et al., 2009)



1. Tesai Reka and health promotion in Paraguay



- NGO based in Paraguay
- 174 communities (rural areas) → 50.000 people
- Community-based family health
- Health technicians and health promoters

2. Aims

- Carry training on how to **elaborate, implement and evaluate** **behaviour change interventions** based on TEAs

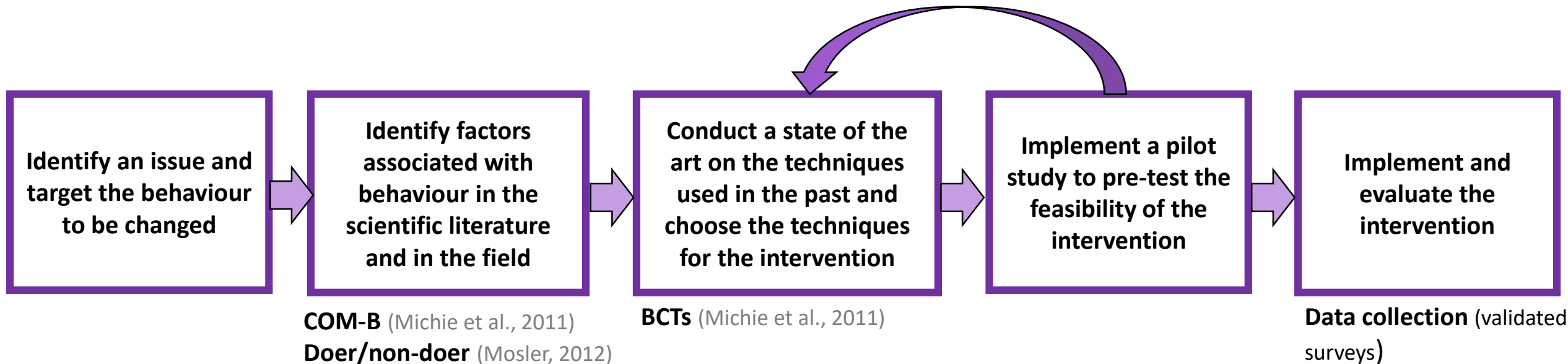


- Assess the **effects of the training** on **knowledge, self-efficacy** and **intention** towards using TEAs for behaviour change interventions.



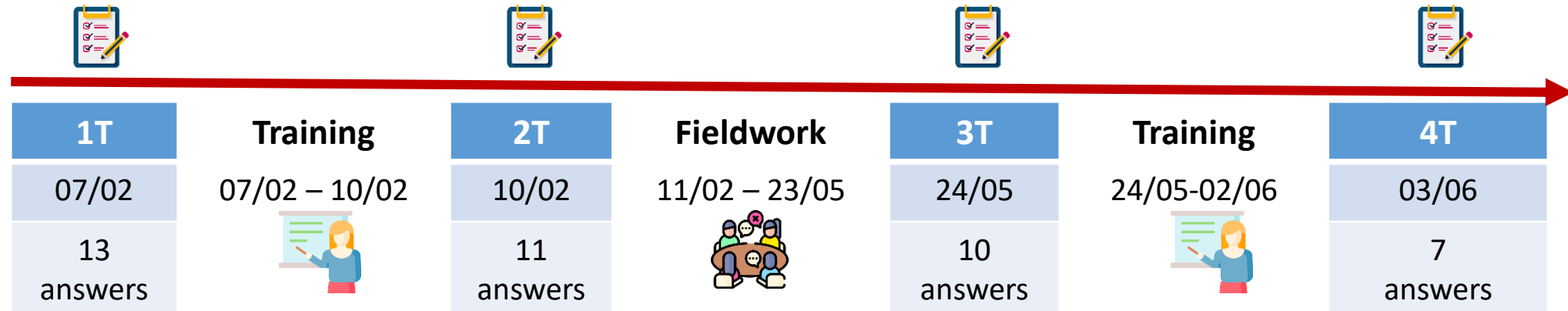
3. Training's content

- **Remote training:** 4 days in February and 8 days in May 2022
- Training (theory and practice) of the following steps (Teran-Escobar et al. 2022):



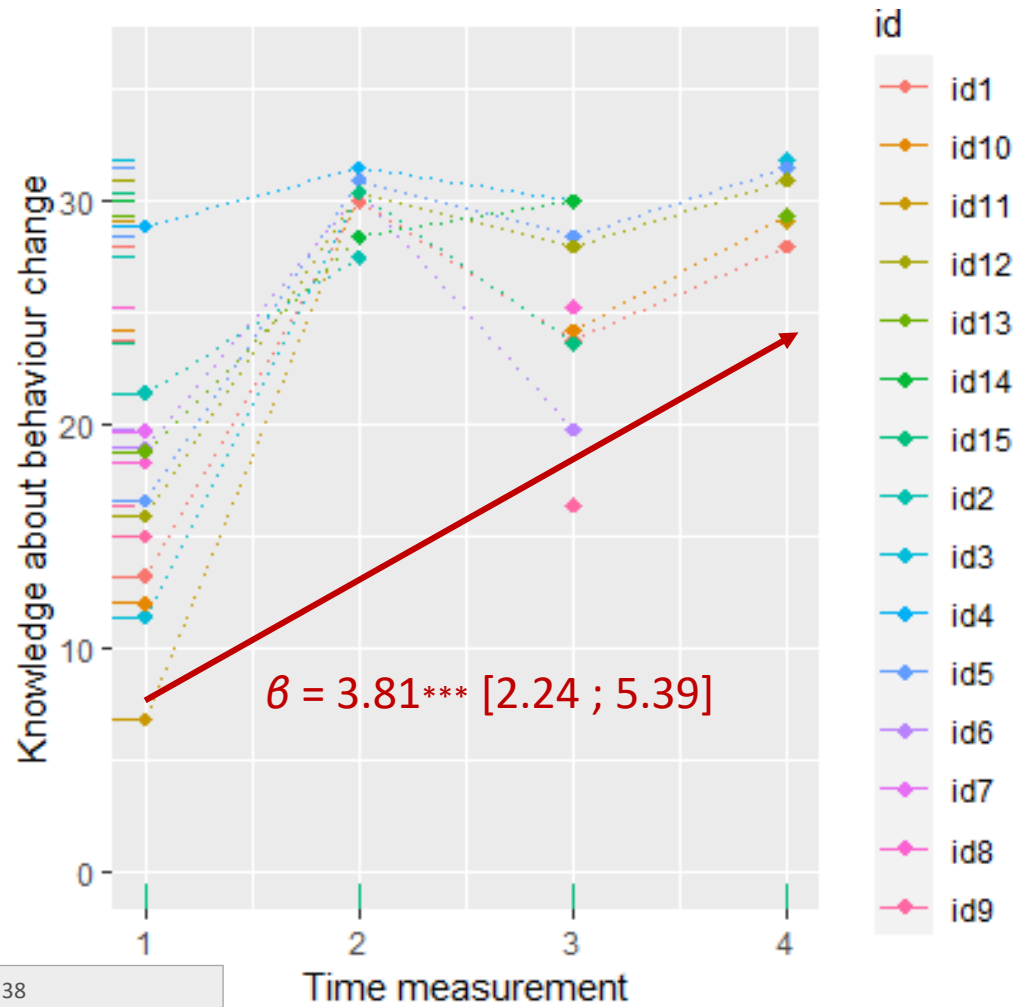
3. Assessment tools and calendar

- N = 15 health technicians
- Online survey on :
 - Knowledge about behaviour change interventions (multiple-choice test)
 - Self-efficacy and intention towards elaborating and evaluating behaviour change interventions (Godin, 2012)

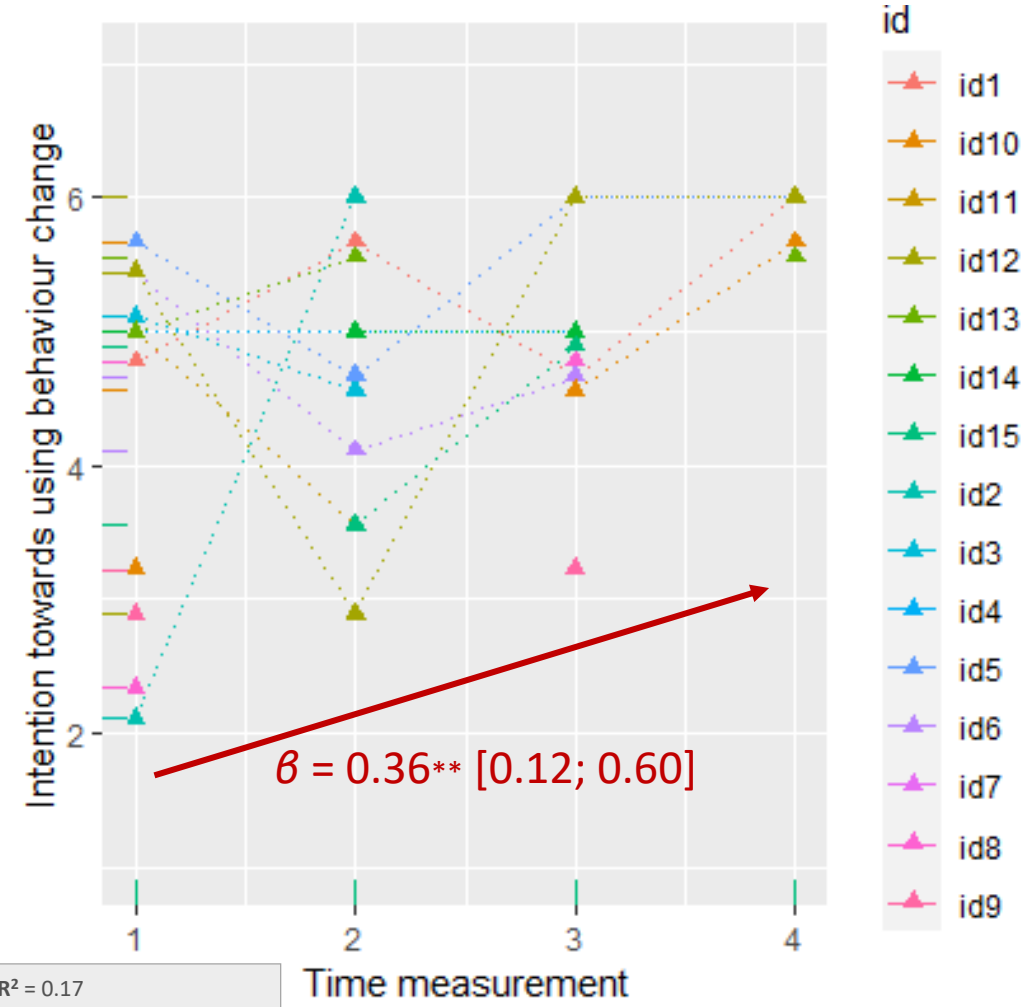


- Data was analyzed using Linear mixed effects models using R version 3.6.0. (Boisgontier & Cheval, 2016)

4. Increased knowledge, self-efficacy and intention to use TEAs

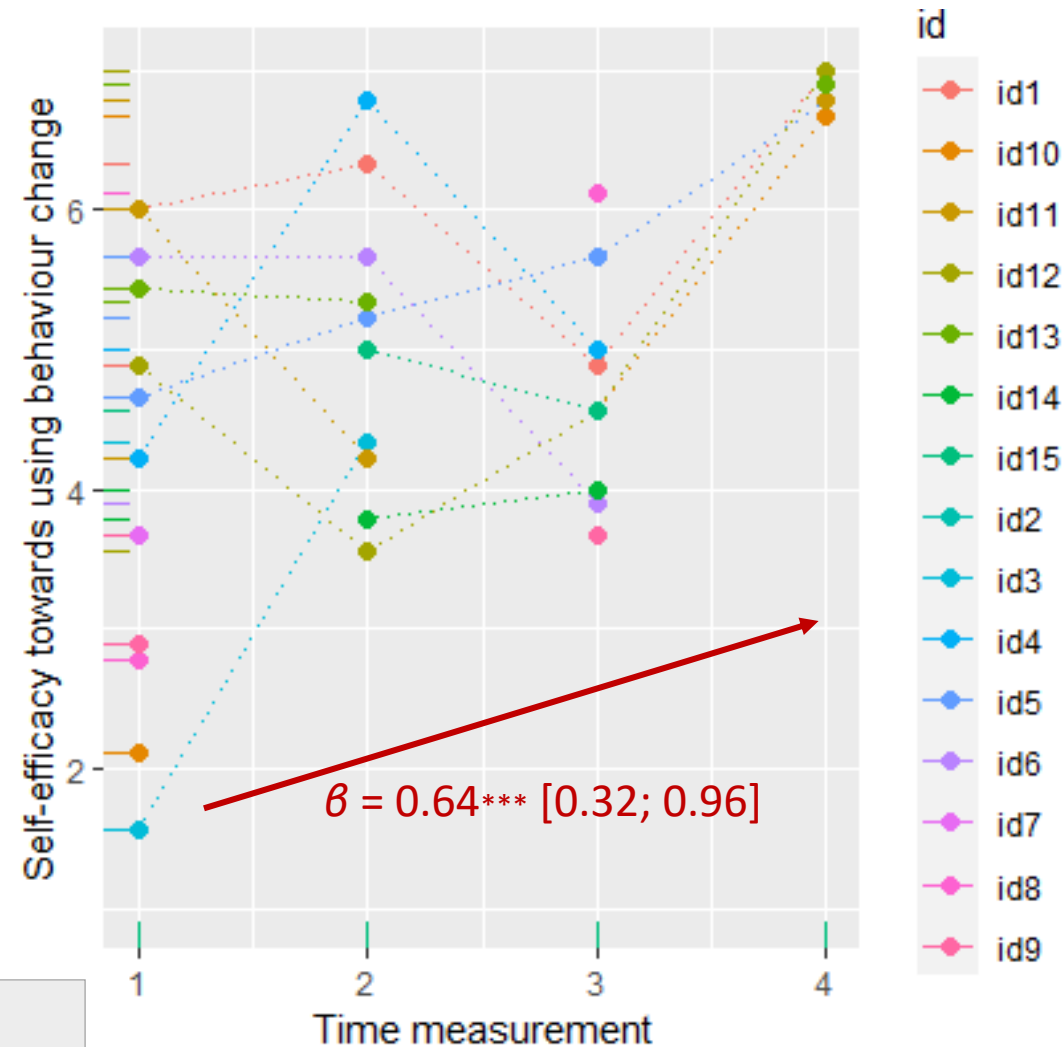


Marginal $R^2 = 0.38$
 Conditional $R^2 = 0.38$
 *** $p < 0.001$
 Non standardized coefficients



Marginal $R^2 = 0.17$
 Conditional $R^2 = 0.35$
 ** $p = 0.005$
 Non standardized coefficients

4. Increased knowledge, self-efficacy and intention to use TEAs



Marginal $R^2 = 0.31$
 Conditional $R^2 = 0.40$
 ** $p = 0.005$
 Non standardized coefficients

5. Discussion

- The proposed training **may increase knowledge, self-efficacy and intention to use behaviour change TEAs** (e.g., Bull et al., 2020)
- Need of using **more robust methodologies** to test the effectiveness of the training (e.g., using a control group)
- Need to test **the effect on practices related to health promotion.**



6. Future perspectives

- Carrying this same **training in other countries and continents**
- Accompanying the process of **Tesai Reka in promoting healthy eating** and writing an article in collaboration with them



Acknowledgements



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