

Seminário Internacional

MOTIVATE ACTIVE HEALTHY LIFESTYLES

From Behavioural Science to Behaviour Change and Self-Regulation

24 de março de 2015
Salão Nobre da Faculdade
de Motricidade Humana

A UTILIZAÇÃO DA TEORIA E CIÊNCIA DA MODIFICAÇÃO COMPORTAMENTAL NA CONCEÇÃO E AVALIAÇÃO DE INTERVENÇÕES EM SAÚDE, NAS ÁREAS DA ATIVIDADE FÍSICA, NUTRIÇÃO E OBESIDADE.

PROGRAMA



Prof. Susan Michie
University College London



Prof. Robert West
University College London



Prof. Jutta Mata
Basel University



Prof. Pedro Teixeira
Faculdade de Motricidade Humana

- 9:00 - 9:15 | **Opening Remarks**
Luís Bettencourt Sardinha, CIPER-FMH Coordinator
Pedro Teixeira, Self-Regulation Group (CIPER-FMH) Coordinator
- 9:15 - 11:00 | Session 1. **DETERMINANTS - Psychological processes in health behaviour change**
Chair: Luísa Lima (ISCTE - Instituto Universitário de Lisboa)
 - Self-perception and identity - Robert West (Univ. College London)
 - Affective and emotional processes - Cristiana Duarte e Cláudia Ferreira (Faculdade de Psicologia, Univ. Coimbra)
 - Self-regulation processes in goal pursuit - Marta Marques (FMH, ULisboa)
 - Cognitive and motivational processes - João Carvalho (ISCTE - Instituto Universitário de Lisboa)
- 11:15 - 13:00 | Session 2. **THEORY - Theories of behaviour change**
Chair: David Markland (Bangor University)
 - The role of theory in intervention design and a review of behaviour change theories - Susan Michie (Univ. College London)
 - Self-determination theory - Pedro Teixeira (FMH, ULisboa)
 - The HAPA model - Maria João Alvarez (Faculdade de Psicologia, ULisboa)
 - KEYNOTE SESSION: PRIME Theory of motivation - Robert West (Univ. College London)
- 14:00 - 15:30 | Session 3. **INTERVENTIONS - Designing and testing theory-based interventions**
Chair: Maria João Gouveia (ISPA - Instituto Universitário)
 - KEYNOTE SESSION: Frameworks for designing behaviour change interventions - Susan Michie (Univ. College London)
 - From behaviour change theory to behaviour change techniques - Eliana Carraça (FMH, ULisboa)
 - Roundtable discussion (speakers from sessions 1, 2, and 3)
- 15:45 - 17:00 | Session 4. **RESOURCES - Digital technologies for health behaviour change: Research and practice**
Chair: José Alves Diniz (FMH, ULisboa)
 - Use of digital platforms for behavioural change interventions: examples from the field of smoking - Robert West (Univ. College London)
 - Designing a theory-informed ICT tool for weight loss maintenance: the H2020 NoHow project - António Palmeira (FMH, ULisboa)
 - KEYNOTE SESSION: Using experience sampling and other ambulatory methods to measure health behaviour change - Jutta Mata (Basel University)
- 17:00 - 17:15 | **Questions and final remarks**
Susan Michie, Robert West, Jutta Mata & Pedro Teixeira

ENTRADA LIVRE COM NÚMERO DE PARTICIPANTES LIMITADO

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