

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

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## 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 in practitioners** <sup>3</sup>



## 2 Context



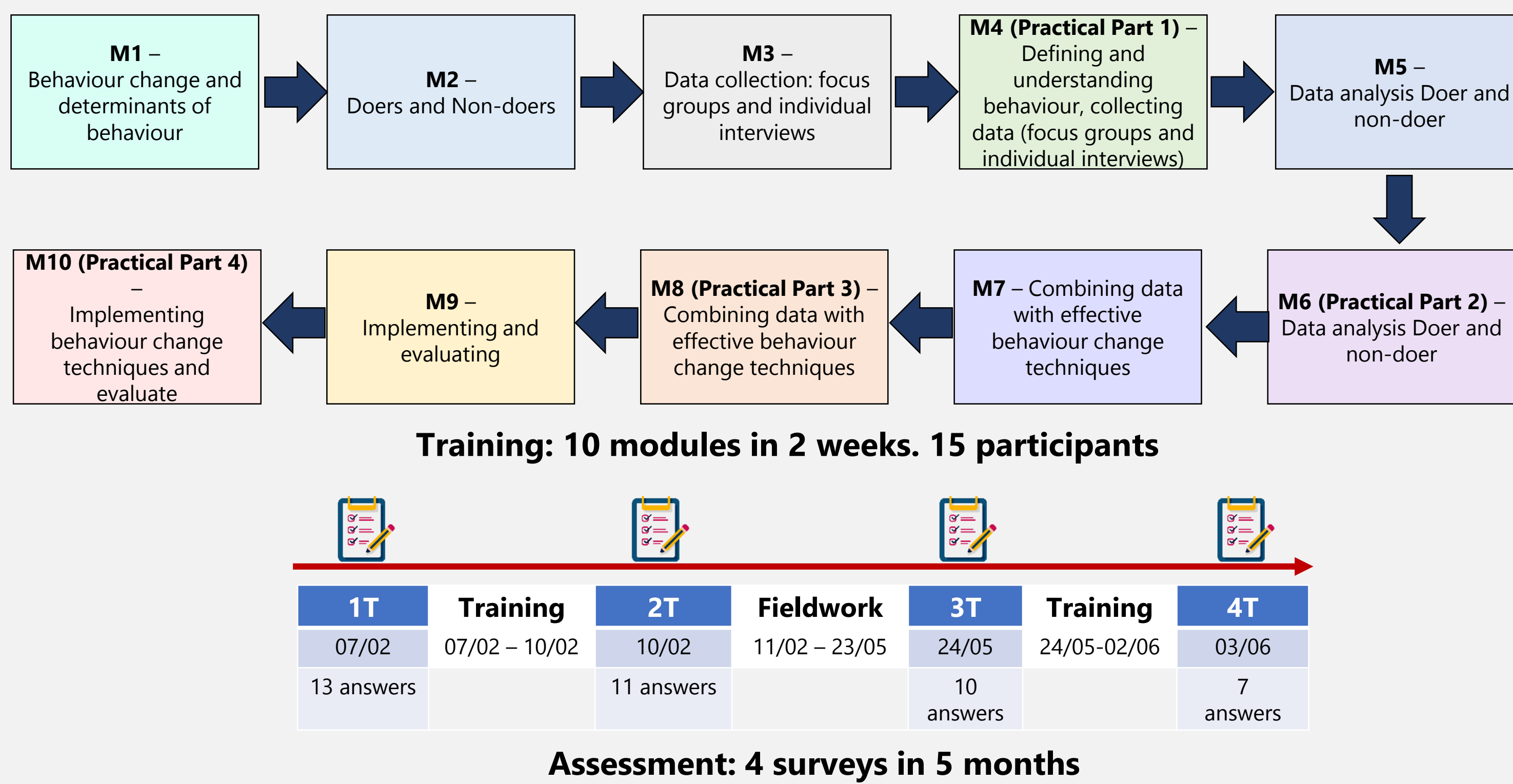
- Collaboration** between **research** and **NGOs** (Swiss Red Cross and Tesai Reka Paraguay)
- Tesai Reka Paraguay works in **promoting community-based family health in rural areas in Paraguay**.

## 3 Aims



- To hold 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** of practitioners towards using theory and evidence-based approaches for behaviour change interventions.

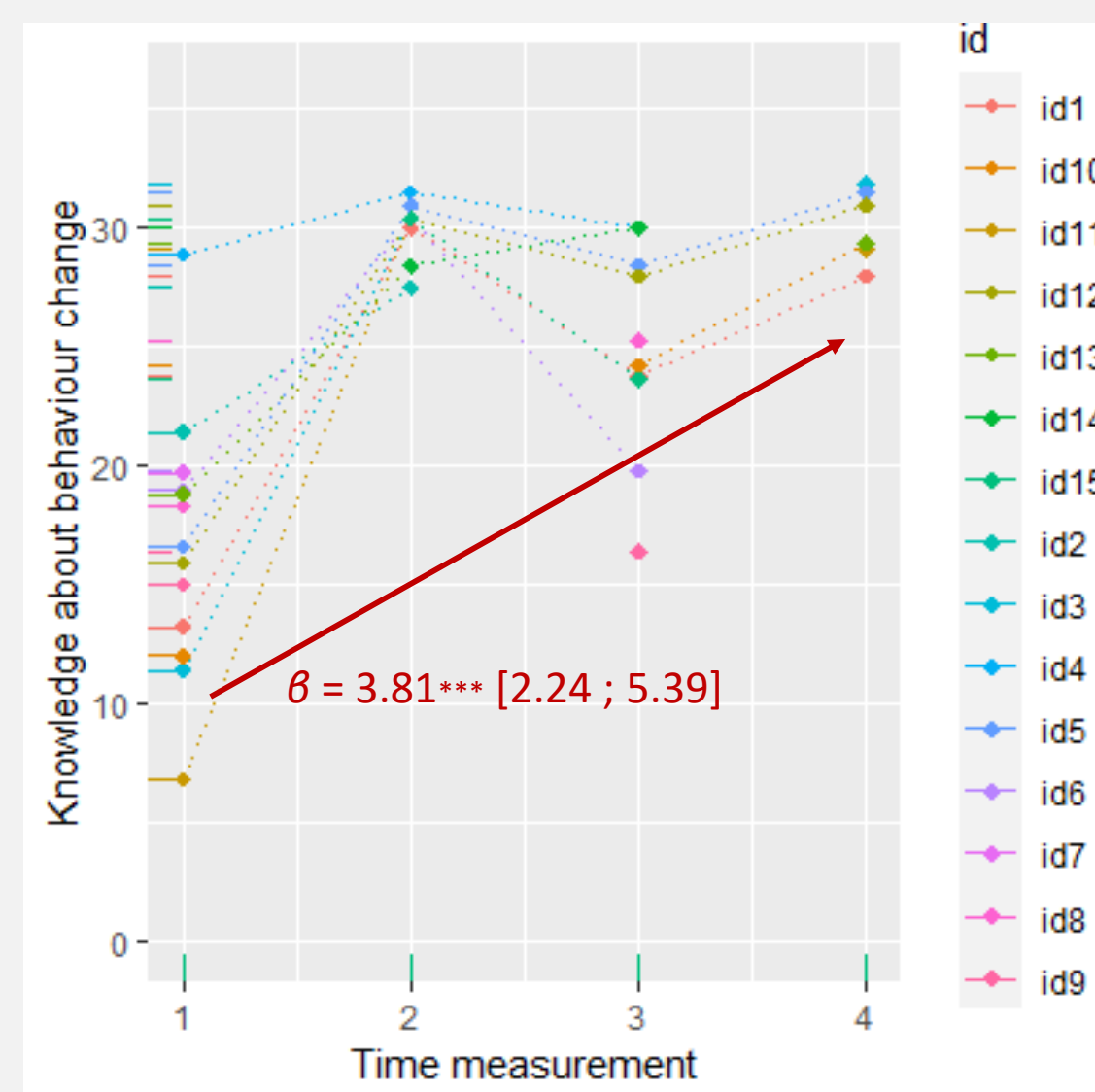
## 4 Methodology



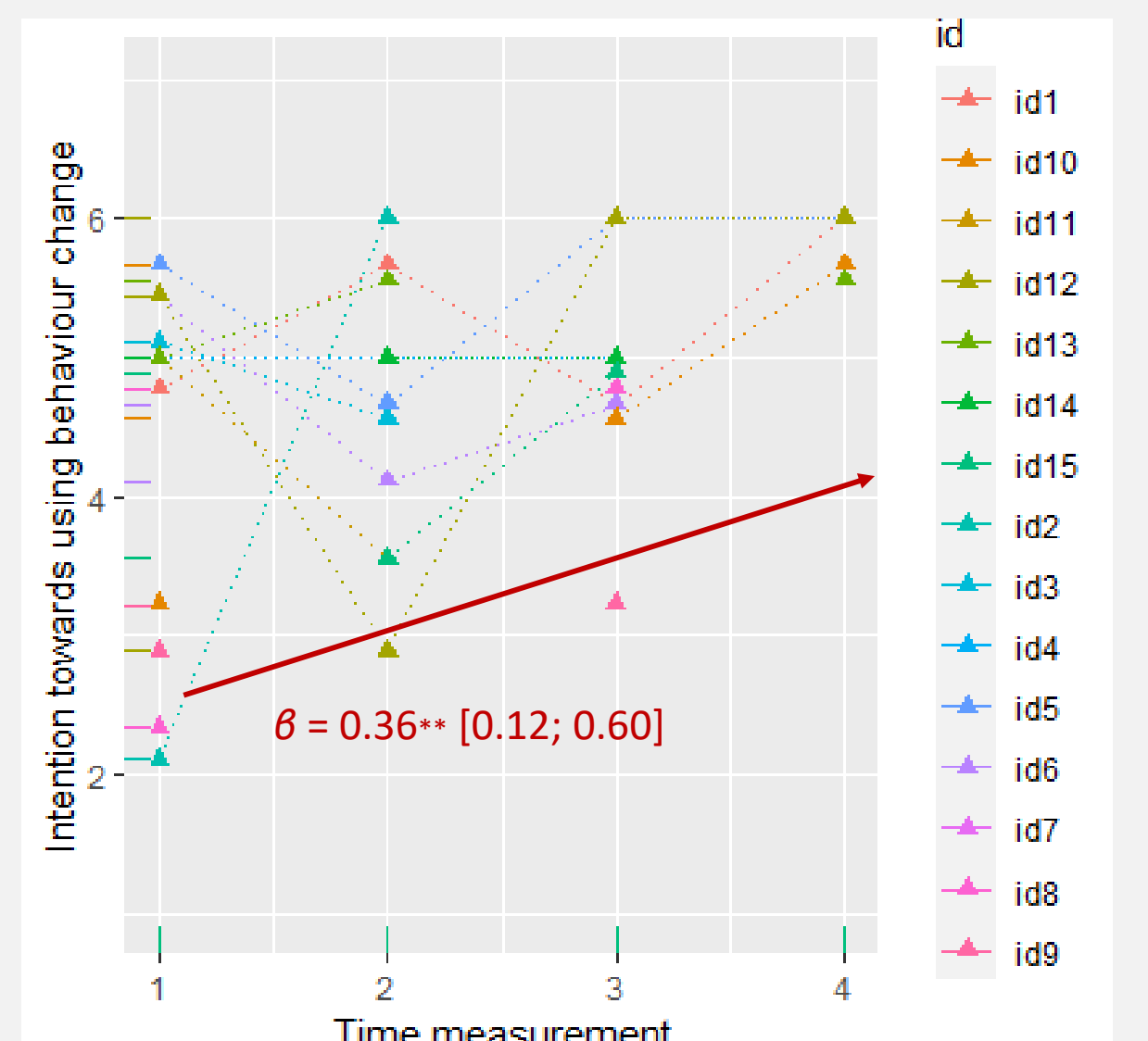
Notes. M= Module, T= Measurement time. indicates an online survey about Knowledge about behaviour change interventions (multiple-choice test), Self-efficacy and intention towards elaborating and evaluating behaviour change interventions

## 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...



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