

ASSIGNMENT 5**Intervening on Health Behaviors in the Face of Chronic Illness (10 Points)**

The purpose of this assignment is to give you an opportunity to reflect on how intervening to change health behavior may be different in the process of chronic disease. You are asked to go back to your own health behavior goals and the intervention strategy you outlined in previous assignments, including the use of a mobile app that you described in Assignment 4. In this assignment, you will write about how your approach may be changed if targeting individuals with chronic disease. You may select a common chronic disease of your choice (e.g., diabetes, cardiovascular disease, COPD, etc.).

Specific Instructions:

1. Review your health behavior goals, intervention strategy, and findings from Assignment 4.
2. Select a chronic disease and briefly describe your “new” client including the characteristics of the disease and challenges it poses for health and health behavior change.
3. Consider how the health behavior goals may have to change with respect to this new client.
4. Consider how the intervention approach (theory, methods, strategies) may have to be altered to meet the needs of your new client.
5. Consider the role that technology may play in effectively intervening/helping your new client. Would the app(s) you use be helpful for your client? Which features would be useful, which would not? What other considerations you may have to take into account in selecting/recommending a mobile app to your new client. Would there be any unique barriers or opportunities in using technology in your particular patient population?
6. Write a summary addressing points 1-5.

Format: Reviews should be 3-5 pages double-spaced with 1 inch margins and 11 or 12 point font.

Due date: Written reviews must be submitted by midnight on May 17. Submit your assignment on IS.

Evaluation criteria:

Criteria	Weight
Scope (all elements answered with sufficient detail)	4 points
Thoughtfulness (clear links between “what” and “why”)	3 points
Clarity and quality of writing	2 points
Grammar, spelling, format	1 point
Total	10 points

Criteria	Assigned Point Value			
Scope	[4 points] All elements answered in sufficient detail	[3 points] One element missing or insufficient detail in some	[2 points] >1 element missing and insufficient detail provided	[0-1 points] Most (3+) elements missing; none or insufficient detail provided
Thoughtfulness	[3 points] “What” is to be done is clearly linked to “why” across all elements	[2 points] “What” is to be done is linked with “why” only for some elements	[0-1 points] Does not describe or describes insufficiently “what” is to be done and “why”	
Clarity and quality of writing	[2 points] Thoughts are presented clearly; exemplary organization of ideas with cohesive flow	[0-1 points] Thoughts not clearly presented; disorganized ideas with poor flow		
Grammar, spelling, format	[1 point] No grammatical or spelling errors; Adheres to specified format and length	[0 points] Grammatical or spelling errors; does not adhere to specified format and length		
Total	10 points			