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Obesity Interventions: Comparing Two Theoretical Approaches

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Introduction

- Obesity is a major contributor to the burden of chronic diseases.
- U.S. Obesity prevalence has been increasing¹.
 - 1990 Obesity prevalence < 15%
 - 2011 Obesity prevalence > 35%
- Most determinants of obesity are social and behavioral.
- While social determinants may be addressed through regulatory actions, changing personal behavior is more challenging.
- There are a multitude of theories of behavior change within the psychosocial literature.

Objective

- Theory comparison is a process that helps us determine whether different theories are actually composed of similar constructs or whether they contain unique contributions.
- Theories Compared
 - Theory of Planned Behavior (TPB)² – non-nursing
 - Health as Expanding Consciousness (HEC)³ – grand theory of nursing

Methods

- Utilized Fawcett's⁴ framework for Comparison - analysis, synthesis and critique
 - Components
 - Scope, core assumptions, and conceptual models
 - Application
 - Specific to obesity praxis
 - Outcome
 - Spheres of convergence and divergence

Findings

Components

	Theory of Planned Behavior	Health as Expanding Consciousness
Scope	Narrow – Prediction of & evaluation of specific behaviors.	Broad – Description & exploration of persons in interaction with their environment.
Core Assumptions	<ul style="list-style-type: none"> - intention immediately precedes behavior. - Intentions are determined by attitudes, subjective norms, and behavioral control. - Attitudes, subjective norms and behavioral control are a function of underlying behavioral, normative & control beliefs. - Behavioral, normative and control beliefs may vary as a function of a wide range of background factors. 	<ul style="list-style-type: none"> - Every person in every situation is part of the process of expanding consciousness. - The pattern of life is towards higher consciousness. - Health & illness are a single process with varying manifestations. - Disease is a manifestation of the underlying person-environment pattern.
Conceptual Model	Beliefs, Attitudes, Norms, Control	Pattern, Consciousness

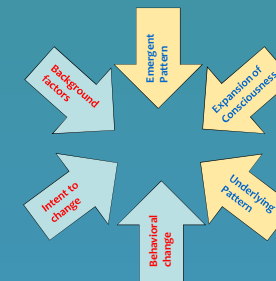
Application

- Application in the Research Literature
 - TPB – extensive
 - Quantitative studies - specific norms, beliefs, values that predict specific obesity-related behaviors.
 - HEC – single⁵
 - Qualitative study - individual and shared patterns of women who maintained long-term weight loss.

Outcome

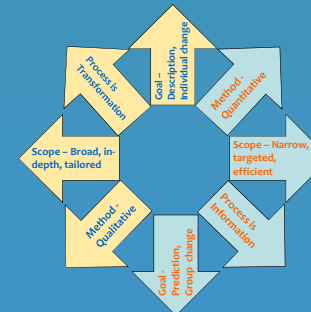
- Three spheres of convergence and four spheres of divergence between the TPB and HEC theoretical models were identified.

CONVERGENCE



Key:
HEC
TPB

DIVERGENCE



Key:
HEC
TPB

Conclusions

- The theories complement each other in potential application.
- TPB application best for:
 - Groups with high obesity prevalence
 - Group intervention research
 - Assessing the adequacy of operational concepts in standardized instruments
- HEC application best for:
 - Individualized interventions
 - Studies involving the use of self-reflection as intervention
 - Uncovering emotional and subconscious contributors to the status of obesity

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