

Journal Club Presentation Report

Topic: From Theory to Action: Health Belief Model in Public Health

Presenter: Dr. Jyoti Pali

Date & Time: 10th November 2023, 1:30 to 2:30 pm, IST

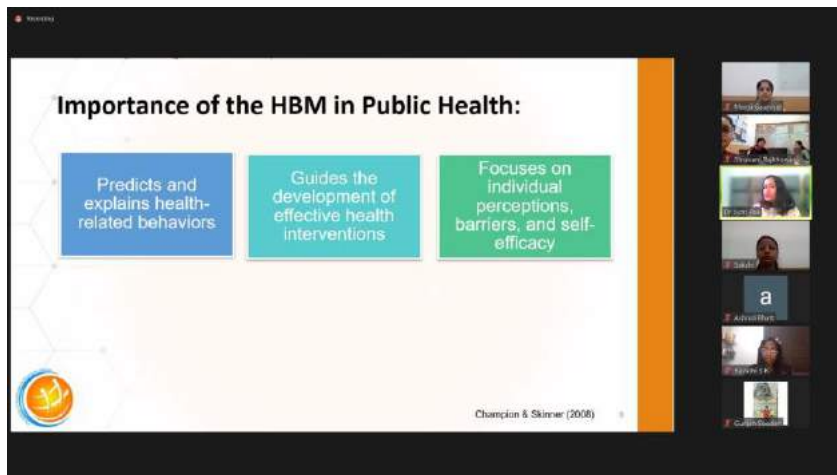
Participants: 12

The Journal club held on 10th November 2023 was presented by Dr. Jyoti Pali on the topic *Theory to Action: Health Belief Model in Public Health*. The presentation was divided into the following subtopics-

- Concept
- Overview
- Historical Context
- Components of HBM
- Defining HBM Components
- Importance of the HBM in Public Health
- HBM Application
- A Case Study
- Research-based Evidence
- Limitations
- Reference

The goal of the presentation was to provide insights on the Health belief model (HBM) in the paradigm of public health. The presentation elaborated on the concept, components, and application of the HBM with relevant examples to understand human perception, and its influence on health-oriented behavior. The presentation discussed case studies and a research papers that used HBM as a tool to understand health seeking behaviours.

The presentation was quite engaging and interactive with quizzes in between for the audience. It was followed by a question-and-answer session, in which the presenter answered questions about the health belief model, its limitations, its relevance in the domain of public health and behavior change among humans. In all, it was a profound and thought-provoking Journal Club Session.

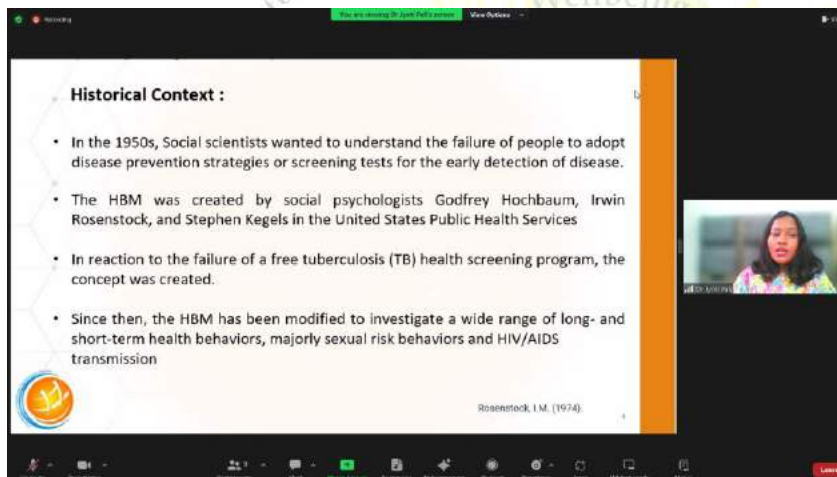


Importance of the HBM in Public Health:

- Predicts and explains health-related behaviors
- Guides the development of effective health interventions
- Focuses on individual perceptions, barriers, and self-efficacy

Champion & Skinner (2008)

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Historical Context :

- In the 1950s, Social scientists wanted to understand the failure of people to adopt disease prevention strategies or screening tests for the early detection of disease.
- The HBM was created by social psychologists Godfrey Hochbaum, Irwin Rosenstock, and Stephen Kegels in the United States Public Health Services
- In reaction to the failure of a free tuberculosis (TB) health screening program, the concept was created.
- Since then, the HBM has been modified to investigate a wide range of long- and short-term health behaviors, majorly sexual risk behaviors and HIV/AIDS transmission

Rosenstock, I.M. (1974)

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References used in the presentation-

- Green, E. C., Murphy, E. M., & Gryboski, K. (2020). The health belief model. *The Wiley encyclopedia of health psychology*, 211-214.
- Abraham, C., & Sheeran, P. (2015). The health belief model. *Predicting health behavior: Research and practice with social cognition models*, 2, 30-55.
- Rosenstock, I.M. (1974). Historical Origins of the Health Belief Model. *Health Education & Behavior*, 2, 328 - 335.