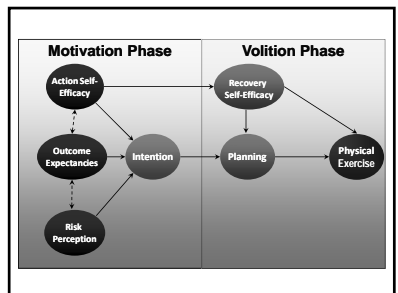
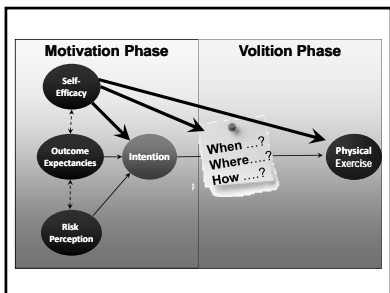
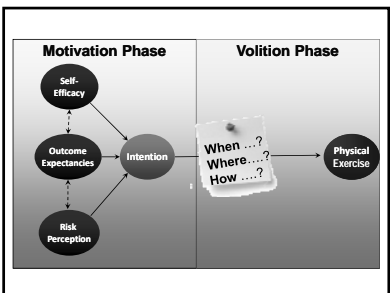
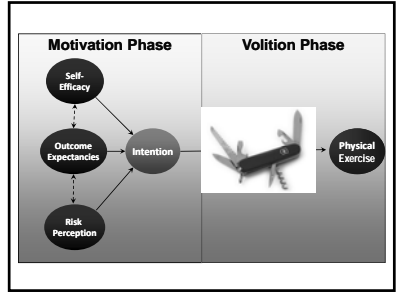
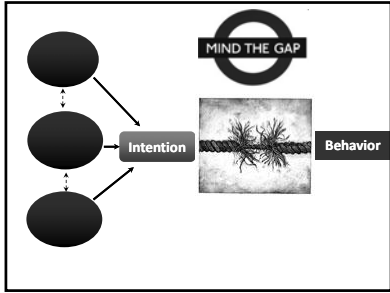
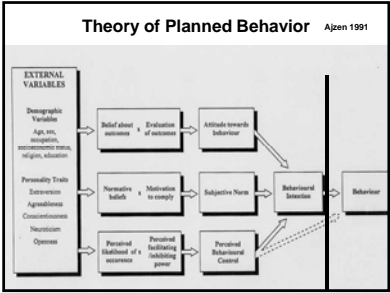


- Constructs for Health Behaviors
- **Health Action Process Approach**
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I will change

Intention → Behavior Change

The intention-behavior gap



Action Self-Efficacy

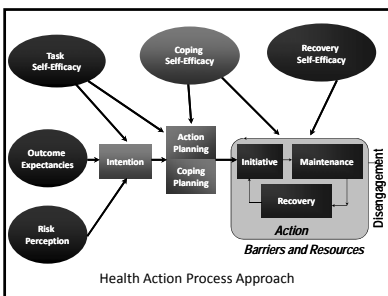
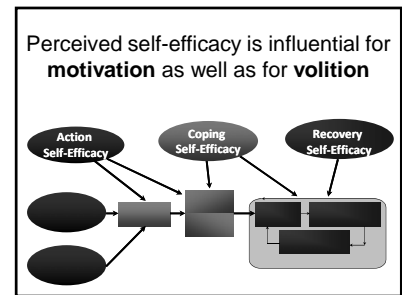
How confident are you that you can engage in more physical activity?

I am confident that I can start engaging in physical activities immediately, ...	not at all true	hardly true	moderately true	exactly true
... even if I have to pull myself together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... even when I have to force myself to start doing this right now.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Recovery Self-Efficacy

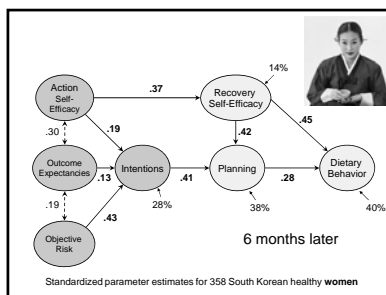
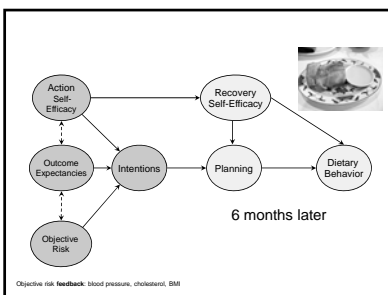
In spite of good intentions minor or major setbacks might occur. Imagine you have not been exercising for a while. How certain are you that you will be able to **resume** your physical activity after such a break?

I am confident that I can restart engaging in physical activity again, ...	not at all true	hardly true	moderately true	exactly true
... even when I haven't engaged in physical activity for several times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... even when I wasn't able to pull myself together on one occasion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>




Predicting Dietary Behaviors in South Korea: A Longitudinal Study Exploring Moderators

Britta Renner, Sunjyo Kiwon & Ralf Schwarzer



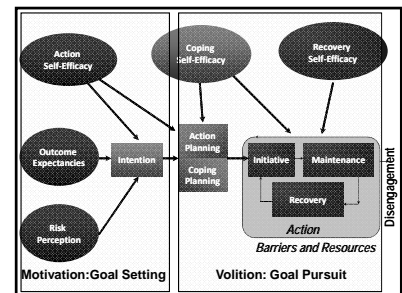
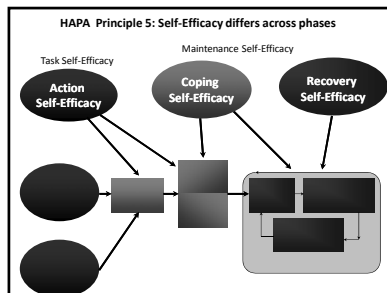
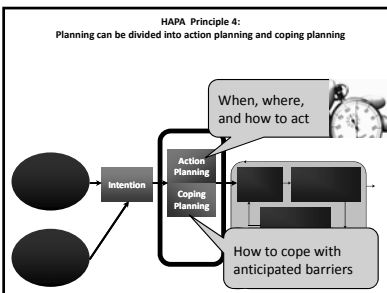
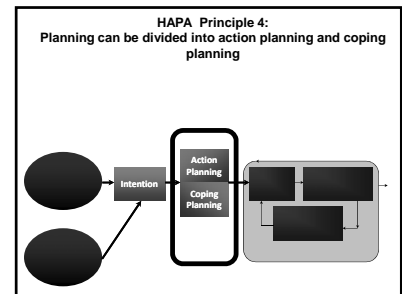
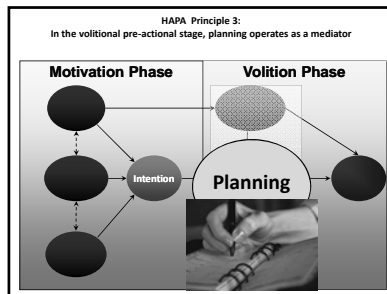
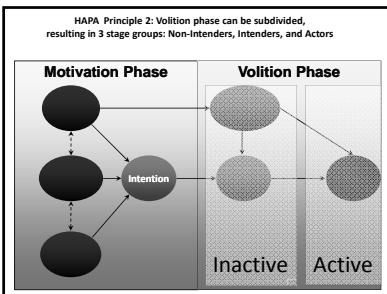
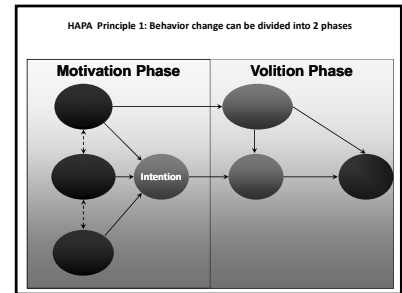
HAPA is a Set of 5 Principles

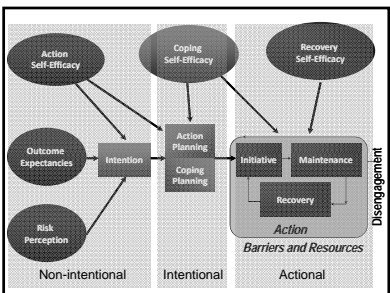


See the 10 minute video at



www.hapa-model.de





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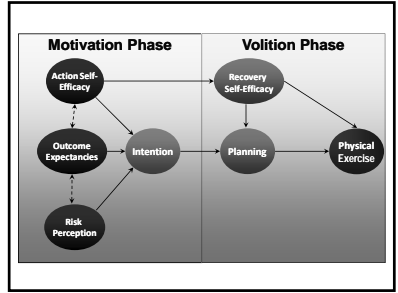
Health Promotion

based on the stage version of the Health Action Process Approach (HAPA)

Meta Theories:

Stage Models vs. Continuum Models

Continuum Models



From Thoughts to Action:

Stage Models

Ei → Raupe → Puppe → Schmetterling

egg larva pupa butterfly

pre-intentional intentional actional

