

program

Monday 1 July 2024

- Orientation to Intervention Mapping
- Needs assessment
- Small group work
- Approaches to using theory
- Overview of theories used in health promotion

Tuesday 2 July 2024

- Writing performance objectives
- Writing change objectives
- Small group work
- Evening: city walk

Wednesday 3 July 2024

- Selecting intervention methods
- Translating behavior change methods into practical applications
- Small group work
- Afternoon free

Thursday 4 July 2024

- Organising practical applications into programs
- Planning for program adoption and implementation
- Small group work
- Evening: course dinner

Friday 5 July 2024

- Planning for program evaluation
- Small groups
- Epilogue and evaluation
- 12.30 p.m.: closing



Course Leaders

Robert A.C. Ruiter, Rik Crutzen and Francine Schneider, Maastricht University

Further information

If you require any further information concerning the course, please contact the course secretariat via e-mail:

registration@interventionmapping.com

Application form

To apply for the course, please go to insight.klinckhamergroup.com/interventionmapping and fill in the form.



You will receive a confirmation and invoice afterwards. For further information on course structure and organization, see interventionmapping.com.

BONNÉ+JAN | 1387

Intervention Mapping Summer Course

Designing Theory- and Evidence-based Health Promoting Programs

July 1 - 5 | 2024



Initiator

The organiser of this course is the section Applied Social Psychology of the Faculty of Psychology and Neuroscience and the Department of Health Promotion of the Faculty of Health, Medicine and Life Sciences at Maastricht University in the Netherlands.

Introduction

The summer course will focus on developing theory-based and evidence-based interventions applied to health promotion and disease prevention. The emphasis of this course will be on applying Intervention Mapping to a specific case during the course and with transfer to participants' own projects. Intervention Mapping is an approach for the design of health promotion and behaviour change programs, guiding health promoters through a series of steps that will assist them in theory-based and evidence-based program development.

Objectives

Course participants will apply Intervention Mapping to a specific health problem during the course. Participants will be able to design their own effective theory-based and evidence-based prevention intervention for that issue as well as ask for consultations on their own projects.

Contents

Introduction to and application of Intervention Mapping; orientation to health promotion and behavior change; approaches to using theory; health promotion program case examples; review of theories used in health promotion.

Course Format

Plenary sessions will cover the principles and processes of Intervention Mapping and include examples of health promotion programs that have successfully applied Intervention Mapping. Small groups will discuss and apply the process to the selected health promotion topics. The Wednesday afternoon will be free. Participants can receive individual counselling on their own topic of interest.

Certificate

Upon completion of the course participants will receive a certificate conditional upon their active participation.

Applicant Profile

Enrolment in the summer course Intervention Mapping is open to participants with a degree or comparable training in public health or behavioral sciences and with an interest in health promotion. Individuals who are responsible for the development and evaluation of health promotion programs are especially encouraged to apply.

Capacity

The maximum number of participants is 50 (acceptance is on a first-come, first-served basis).

Language

The language of instruction in the course is English.

Location

The course will be held on the premises of the Maastricht University in Maastricht. Maastricht is situated in the southern-most part of The Netherlands, approximately 200 km from Amsterdam, 5 km from the Belgian border and 35 km from Germany. Cities like Brussels, Cologne and Bonn are only 100 km from Maastricht, while Amsterdam, Luxembourg, Frankfurt, and Paris are easily accessible. Maastricht is the oldest and, with its wealth of historic buildings, one of the most attractive cities in The Netherlands.

Fee and Payment

The course fee is € 1.500,- and includes course materials (including the Intervention Mapping book), catered lunches and refreshments, social program on Tuesday and course dinner on Thursday. Accommodation is available and ranges from very modest establishments to luxurious hotels.

Payment of the course fee must be made in advance. Registration only becomes definitive once payment is received. All payments, indicating the participant's family name and the course must be remitted in Euros.

To apply for the course, please go to **insight.klinkhamergroup.com/interventionmapping** and fill in the form. You will receive a confirmation and invoice afterwards. In the case of international money transfers, any additional expenses incurred by the participant will be his/her own responsibility. In the case of cancellation before May 1, 2024, 80% of the course fee will be refunded. No refunds will be given after May 1, 2024. In case of cancellation of the course, hotels, flights, etc. are the sole responsibility of the course participant.

Intervention Mapping steps

- 1 Needs Assessment
- 2 Program Outcomes and Objectives
- 3 Program Plan
- 4 Program Production
- 5 Implementation Plan
- 6 Evaluation Plan

The 4th edition of the book: Bartholomew Eldredge, L.K., Markham, C.M., Ruiter, R.A.C., Fernández, M.E., Kok, G. & Parcel, G.S., 2016; Planning Health Promotion Programs. An Intervention Mapping Approach, 4th edition, San Francisco CA: Wiley, will be used in the course. Participants will receive the book on the first morning of the course. Participants who already possess the book will be refunded € 50,-. Participants are advised to read in advance: Kok, G., Peter, L.W.H., & Ruiter, R.A.C. (2017). Planning theory- and evidence-based behavior change interventions: a conceptual review of the Intervention Mapping protocol. *Psicologia: Reflexão e Crítica*, 30(19). doi: 10.1186/s41155-017-0072-x (open access).