# **KIBEHMEDX.** Behavioral Medicine: A Key to Better Health

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## Why teach behavioral medicine?

- Shift toward individual responsibility for our own health via behavior
- Information on behavioral medicine needs to be **disseminated** to practitioners and patients globally
- Increased **awareness** of how behavior influences health

## a MOOC\*?





- Global dissemination potential: Everyone, Everywhere, Anytime
- Online interactive and self-paced education for health students and healthcare professionals
- Pedagogical design to facilitate **understanding** and **application**

0:00 / 5:40

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\* Massive Open Online Course

## **Course content**

Week 1: Health behaviors

## **Course data:**



Start date: 9 September 2014 School: KIX Prerequisites: None Length: 5 weeks Estimated effort: 5-8 hours/week Video lectures: 45

Learners registered: Over 15 000 Age: Mostly 19-36 year-olds registered, average  $\approx 25$ Gender: About 42% male, 58% female Education: Secondary 20%, Bachelor 34%, Masters 30%, Doctorate 5%, Other 11%



Week 5: Everyday behaviors

**Course project assignment:** Create a story of behavior change

## **Development team**



Karolinsl Institute QUIZ: READINESS FOR CHANGE (1 point possible) After reading the article by Freyer et al (2005), think about the concept of readiness to change. Introduction Which of the following components are part of the concept? Introduction to stress Learning activities contemplat preparation Stress - physical and mental So now we've been action effects MI, about MI-spirit, help-seeking Learning activities self-efficacy bout the tools of M out the processe problem severity So in this video, we're engaging as the first p Learning activities Check Show Answer d then at focusing ▶ SPEED 1.50x WEEK 1 COMMENTS & QUESTIONS work health Download transcript If you have any comments or questions about this week's content, add a post to the discussion forum below. The Teaching Assistants will be monitoring this board and will respond as soon as possible. We also encourage you to help each other and post responses if you know the answer to a question. STAFF DEBUG INFO Show Discussion 🕑 🛛 New Post

Week 2: Stress and coping

Interventions for treating

mental stress effects Optional: Basic models of

	Virtual patient assignment week 2 oo Assignment
	Week 2 Comments & Questions
1	Week 3: Sleep
	Week 4: Physical activity
	• Week 5: Everyday behaviors

#### VIRTUAL PATIENT LEARNING ACTIVITY

Welcome to the Virtual Patient learning activity that is a central part of the KIBEHMEDx course. You met our virtual patient, John Nilsson, at the end of Week 1, when he described why he was seeking help. To remind you, John is a secondary school teacher in his late 40s. Over the past couple of years, he has experienced more and more demands at work, including increasing administrative tasks like documenting lesson content and student progress. John's new principal has not been understanding or supportive.

In Weeks 2 and 3 you will be practicing your professional skills by choosing treatment intervention options and then seeing what these might lead to. Working with John will help you consolidate your learning so that your final project assignment will be more interesting and rewarding for you.

#### INTERACTING WITH THE VIRTUAL PATIENT

In the learning activity that followed John's introduction in Week 1, you wrote a summary that you could use to transition to continued counseling with him. In order to interact further with John, you will have access to a separate Virtual Patient platform. On the next page, you will find this platform "embedded" in KIBEHMEDx.

How will you interact with John as a virtual patient? The Virtual Patient platform is structured so that you first view a film where John speaks on his own or interacts with a counselor. Then you are presented with two or more options for continuing the session as the counselor. After your choice, you receive feedback and then either move back to the session continuation options, or forward to the next phase in the counseling session. Please note that you need to allow about 50-60 minutes to complete an entire interactive counseling pathway with John.



https://www.edx.org/course/

kix/kix-kibehmedx-behavioral -medicine-key-1527





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