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

- 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
 - * Massive Open Online Course



Course data:



Start date: 9 September 2014 School: Klx

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 ≈ 25

Gender: About 42% male, 58% female

Education: Secondary 20%, Bachelor 34%, Masters 30%,

Doctorate 5%, Other 11%

Course content

Week 1: Health behaviors and motivation to change

Week 2: Stress and coping

Week 3: Sleep

Week 4: Physical activity

Week 5: Everyday behaviors

Course project assignment:

Create a story of behavior change

Basic concepts Interventions Application

0:00 / 5:40

Video a

QUIZ: READINESS FOR CHANGE (1 point possible)

Which of the following components are part of the concept?

help-seeking

self-efficacy

If you have any comments or questions about this week's content, add a post to the discussion forum below.

you to help each other and post responses if you know the answer to a question.

design

The Teaching Assistants will be monitoring this board and will respond as soon as possible. We also encourage

problem severity

So now we've been MI, about MI-spirit,

So in this video, we're

engaging as the first p

WEEK 1 COMMENTS & QUESTIONS

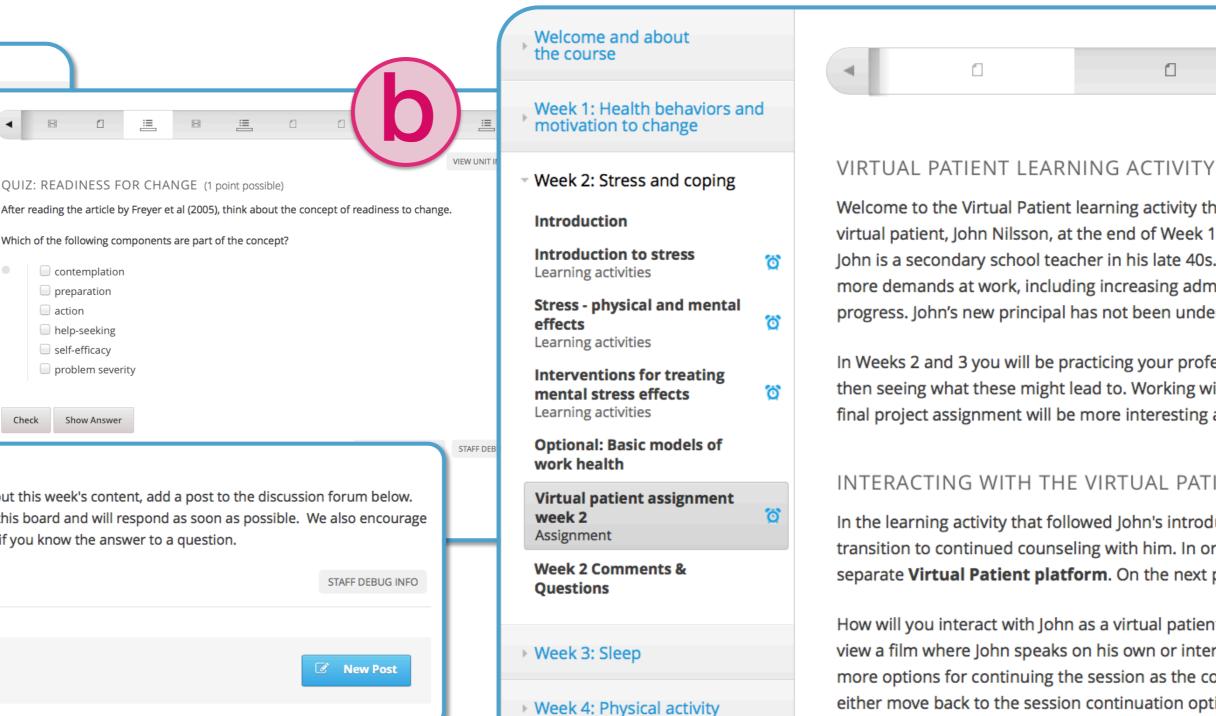
Show Discussion

Learning activity b Discussion forums ^c

STAFF DEBUG INFO

New Post

Virtual patients d



Week 5: Everyday behaviors

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.

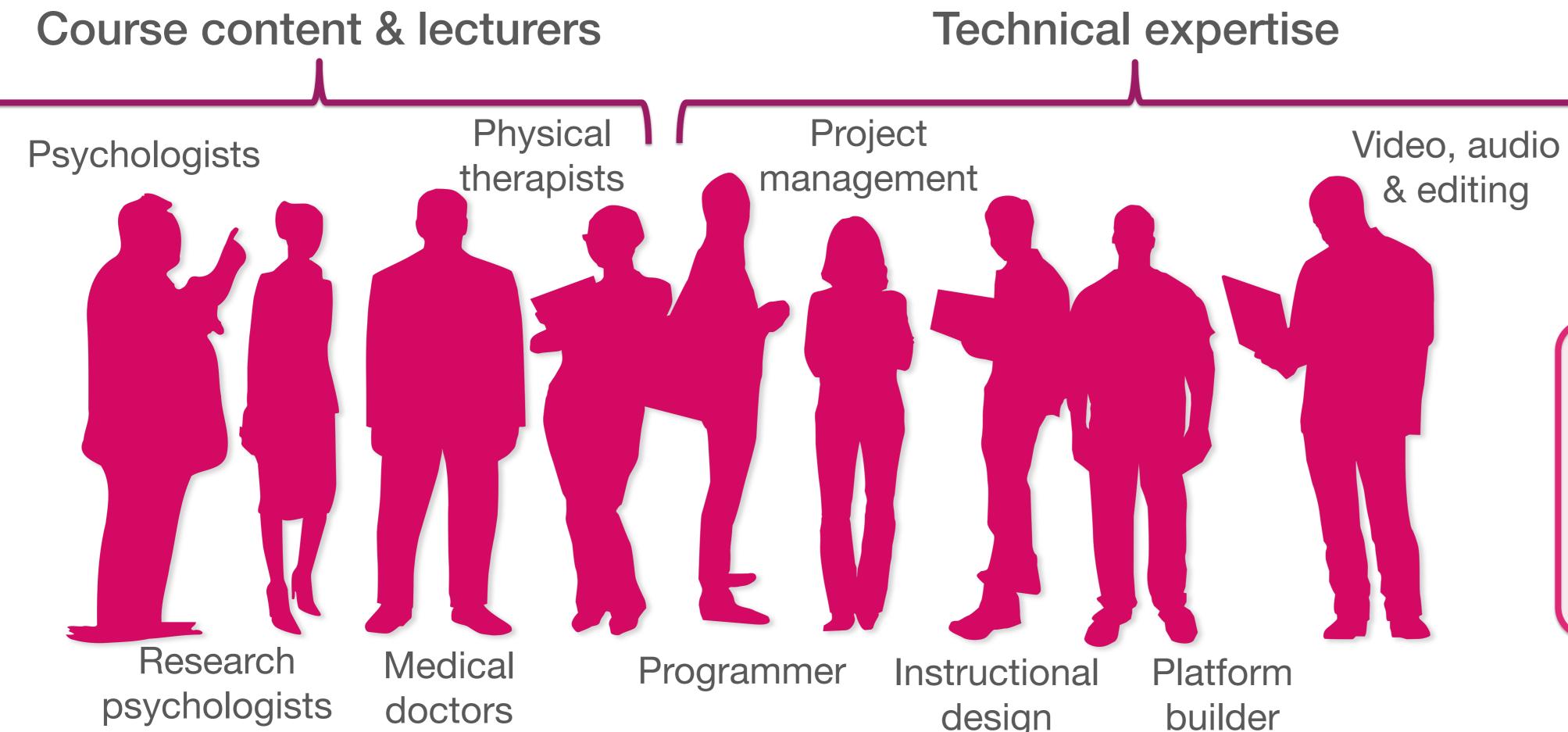
In Weeks 2 and 3 you will be practicing your professional skills by choosing treatment intervention options and then seeing what these might lead to. Working with John will help you consolidate your learning so that your final project assignment will be more interesting and rewarding for you.

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

Development team



Sign up!

https://www.edx.org/course/ kix/kix-kibehmedx-behavioral -medicine-key-1527





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