

# **ILLNESS PERCEPTION**

**Theory, Assessment and  
Application**

**Workshop for NZ Psychology  
Society**

**Wellington, 20<sup>th</sup> April 2012**

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## AIMS OF WORKSHOP

THE WORKSHOP WILL BE STRUCTURED TO ENABLE PARTICIPANTS TO :-

- Develop an understanding of Leventhal's Self-Regulation Model, and of the nature and role of illness perception in the process of adaptation to illness and other health threats
- Gain familiarity with questionnaire and other methods of assessing illness perceptions
- Appreciate how illness perceptions can influence outcomes in a wide range of health problems and contexts
- Examine the types of illness perception – based interventions, which have been developed, and their effects on patient outcome and recovery.

The workshop will make use of a range of approaches including formal teaching, vignette based tasks and small group work.

## OUTLINE PLAN FOR THE WORKSHOP

Session 1 (9.00-10.30)

INTRODUCTIONS etc

BACKGROUND THEORY - Leventhal's Self-Regulation Model

MEASUREMENT

Coffee Break

Session 2 (11.00 – 12.30)

APPLICATIONS – using illness perceptions to predict illness behaviour and health-related outcomes

The example of myocardial infarction

The problem of Mr. B

Lunch

Session 3 (1.30 – 3.00)

APPLICATIONS - illness perception – based approaches to intervention

Tea Break

Session 4 (3.30 – 5.00)

Overview of illness perception based interventions

Current issues/New directions in illness perceptions research

Q and A

## **KEY REFERENCES**

### **THEORY/ BACKGROUND**

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### **MEASUREMENT**

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### **APPLICATIONS**

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- Karamanidou, C., Weinman, J., Horne, R. (2008). Improving haemodialysis patients' understanding of phosphate-binding medication: a pilot study of a psychoeducational intervention designed to change patients' perceptions of the problem and treatment. *British Journal of Health Psychology*, 13, 205-214.
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