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«Machtfaktor Patient 3.0» – Patienten verändern das Gesicht des Gesundheitswesens

"The power of patients 3.0" – Patients are changing the face of health care

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The barriers and facilitators of health behaviour change: a comparative review of reviews

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Teaser: The change of health behaviour and its maintenance depend on multiple, interdependent determinants that are different from the influences of health behaviour in general.

Background, objective: Physical activity, weight management, smoking and alcohol consumption are important contributors to the risk of non-communicable diseases. The empirical evidence on the facilitators and barriers of health behaviour change and maintenance of changed behaviours can help to better tailor public health interventions to the needs of the population.

Approach, methods, patient engagement: We conducted a systematic review of systematic reviews and compared the determinants of health behavior change between physical activity, weight management, smoking and alcohol consumption, between different population groups, and between uptake and maintenance of behavior change by applying framework analysis.

Findings: Out of 59 potential relevant studies, we included 21 systematic reviews in our analysis. The comparative analysis found demographic, psychological, and social factors, as well as information and the physical environment relevant for the change of health behaviours and maintenance of changed behaviours. For physical activity and weight control, we developed an ecological model of the determinants based on our findings. Although the effect size of the factors' impact on the respective lifestyle factor remains elusive, the relevance of multiple conditions on health behaviours is evident.

Discussion and implications: A better understanding of the determinants of both single health behaviour change and maintenance, and the interdependent relationship in the changing lifestyle as a whole, might support the reduction of risk behaviour prevalence and its effect on non-communicable diseases.

Key terms: health behaviour change, systematic review