



The Centre for Accident Research and Road Safety – Queensland

presents

Professor Ralf Schwarzer

Health Behavior Change: Theory and Evidence

CARRS-Q is pleased to invite you to attend a free seminar featuring Professor Ralf Schwarzer, Professor of Psychology at the Freie University of Berlin, Germany, and Adjunct Professor at York University, Canada.

Speaking on the topic of Health Behaviour Change, Professor Schwarzer will discuss the use of the Health Action Process Approach (HAPA) in addressing health behaviour change (whether successful change or not) as well as the role of volitional mediators in the initiation and adherence to five health behaviors: physical exercise, breast self-examination, seat belt use, dietary behaviors, and dental flossing.

The general aim is to examine the applicability of the HAPA and its universality by replicating it across different health behaviors, based on various measures, time spans, and samples from different countries.

Professor Schwarzer has published over 400 papers, and has co-founded three journals: *Anxiety, Stress, and Coping: An International Journal*, the *Zeitschrift für Gesundheitspsychologie*, and *Applied Psychology: Health and Well-Being*.

As past President of the *Stress and Anxiety Research Society (STAR)*, President of the *European Health Psychology Society (EHPS)*, and President of the Health Psychology Division of the *International Association for Applied Psychology (IAAP)*, Professor Schwarzer's research focus lies on stress, social support, self-efficacy, and health behaviours. In 2007, he received the *German Psychology Award*.

For further details on Professor Schwarzer's presentation, including a detailed abstract and biography, visit <http://www.carrsq.qut.edu.au/community/events>.

Date:

10am – 12noon
(Including light refreshments)
Monday 23 November 2009

Venue:

IHBI Seminar Room
Level 4 (Street Level)
Institute of Health and Biomedical Innovation
60 Musk Ave
Kelvin Grove Urban Village
Kelvin Grove Brisbane QLD 4059

Registration: This event is offered free of charge.
Please RSVP to Clare Murray, Marketing and Events Officer, CARRS-Q, by emailing clare.murray@qut.edu.au to secure your place.

Closing date: Wednesday 18 November 2009