

Lecture No	031890																																																																
Subject title	Behavioral Sciences			Subject ID	GP—b3312—L																																																												
Instructors	森田 彩子, 土井 理美[MORITA Ayako, DOI Satomi]																																																																
Semester	Fall 2025	Level	1st year	Units	2																																																												
Course by the instructor with practical experiences	<p>Ayako Morita, Associate Professor, Department of Public Health Takeo Fujiwara, Professor, Department of Public Health Tsuyoshi Okuhara, Associate Professor, The University of Tokyo Kota Katanoda, Chief, Division of Cancer Statistics Integration, National Cancer Center, Center for Cancer Control and Information Services Masamitsu Kamada, Lecturer, Graduate School of Medicine, The University of Tokyo Yoshitake Takebayashi, Lecturer, Fukushima Medical University Nobutoshi Nawa, Associate Professor, Department of Public Health Satomi Doi, Assistant Professor, Department of Health Policy</p> <p>Availability in English: All classes are taught in English. Key word: Public Health</p>																																																																
Lecture place	Refer to the course schedule																																																																
Course Purpose and Outline	<p>Course Purpose: This course has been designed to provide students with a conceptual grounding in theoretical approaches and hot research topics in health behaviors.</p> <p>Outline: This course provides students with basic knowledge and skills needed to understand individual, group, and community behaviors and change processes in cross-cultural contexts in order to design health promoting behavioral interventions.</p>																																																																
Course Objective(s)	Upon successfully completing this course, students will be able to apply theories and models in diagnosing community and designing effective public health intervention.																																																																
Lecture plan	<table border="1"> <thead> <tr> <th>No</th> <th>Date</th> <th>Time</th> <th>Room</th> <th>Lecture theme</th> <th>Staff</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>10/20</td> <td>08:50-10:20</td> <td>G-Lab</td> <td>Lecture: Theories and Models of Behavioral Change</td> <td>MORITA Ayako</td> </tr> <tr> <td>2</td> <td>10/20</td> <td>10:45-12:15</td> <td>G-Lab</td> <td>Lecture: Health Behavior Change Intervention in Clinical Practice</td> <td>DOI Satomi, TAKEBAYASHI Yoshitake</td> </tr> <tr> <td>3</td> <td>10/20</td> <td>13:30-15:00</td> <td>G-Lab</td> <td>Lecture: Mass Health Communication</td> <td>OKUHARA Tsuyoshi</td> </tr> <tr> <td>4</td> <td>10/20</td> <td>15:25-16:55</td> <td>G-Lab</td> <td>Group breakout: Developing theory-informed health behavior change (1)</td> <td>MORITA Ayako, FUJIWARA Takeo, NAWA Nobutoshi, DOI Satomi</td> </tr> <tr> <td>5</td> <td>10/21</td> <td>08:50-10:20</td> <td>G-Lab</td> <td>Group presentation & lecture: Social networks and Social Support in Promoting Health</td> <td>MORITA Ayako</td> </tr> <tr> <td>6</td> <td>10/21</td> <td>10:45-12:15</td> <td>G-Lab</td> <td>Lecture: Behavioral economics</td> <td>MORITA Ayako</td> </tr> <tr> <td>7</td> <td>10/21</td> <td>13:30-15:00</td> <td>G-Lab</td> <td>Lecture: Population strategies for promoting physical activity (1)</td> <td>KAMADA Masamitsu</td> </tr> <tr> <td>8</td> <td>10/21</td> <td>15:25-16:55</td> <td>G-Lab</td> <td>Lecture: Population strategies for promoting physical activity (2)</td> <td>KAMADA Masamitsu</td> </tr> <tr> <td>9</td> <td>10/23</td> <td>08:50-10:20</td> <td>G-Lab</td> <td>Lecture: Structural determinants of health and health equity</td> <td>MORITA Ayako</td> </tr> </tbody> </table>					No	Date	Time	Room	Lecture theme	Staff	1	10/20	08:50-10:20	G-Lab	Lecture: Theories and Models of Behavioral Change	MORITA Ayako	2	10/20	10:45-12:15	G-Lab	Lecture: Health Behavior Change Intervention in Clinical Practice	DOI Satomi, TAKEBAYASHI Yoshitake	3	10/20	13:30-15:00	G-Lab	Lecture: Mass Health Communication	OKUHARA Tsuyoshi	4	10/20	15:25-16:55	G-Lab	Group breakout: Developing theory-informed health behavior change (1)	MORITA Ayako, FUJIWARA Takeo, NAWA Nobutoshi, DOI Satomi	5	10/21	08:50-10:20	G-Lab	Group presentation & lecture: Social networks and Social Support in Promoting Health	MORITA Ayako	6	10/21	10:45-12:15	G-Lab	Lecture: Behavioral economics	MORITA Ayako	7	10/21	13:30-15:00	G-Lab	Lecture: Population strategies for promoting physical activity (1)	KAMADA Masamitsu	8	10/21	15:25-16:55	G-Lab	Lecture: Population strategies for promoting physical activity (2)	KAMADA Masamitsu	9	10/23	08:50-10:20	G-Lab	Lecture: Structural determinants of health and health equity	MORITA Ayako
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10	10/23	10:45–12:15	G-Lab	Lecture: Strategic Persuasive communication – how to communicate with key persons in the fields	DOI Satomi
11	10/23	13:30–15:00	G-Lab	Lecture: Tobacco Control	KATANODA Kota
12	10/23	15:25–16:55	G-Lab	Lecture: Tobacco Control	KATANODA Kota
13	10/24	08:50–10:20	G-Lab	Q&A session: Structural determinants of health and health equity	FUJIWARA Takeo, MORITA Ayako, DOI Satomi, NAWA Nobutoshi
14	10/24	10:45–12:15	G-Lab	Group breakout (free time to finalize presentation)	FUJIWARA Takeo, MORITA Ayako, DOI Satomi, NAWA Nobutoshi
15	10/24	13:30–15:00	G-Lab	Final group presentation and wrap-up	FUJIWARA Takeo, MORITA Ayako, DOI Satomi, NAWA Nobutoshi

Lecture Style

This four-day course will consist of lectures, discussion, breakout sessions for group work and daily group presentations of the previous day's group work, and individual works.

Course Outline

Refer to the course schedule

Grading System

Grades will be based on the following elements:

Participation 20%

Short reflection papers (individual assignment) 10%

In-class group presentation 15%

Critical evaluation (individual assignment) 10%

Final report (individual assignment) 45%

Prerequisite Reading

Reading materials are available online at the course webpage. Students are recommended to read the materials before the corresponding lectures.

Module Unit Judgment

2 units

Reference Materials

To be specified in the class.

Important Course Requirements

For students not in the MPH course, instructor's permission is required before registering to the course. Please contact A/Professor Morita (morita.hlth@tmd.ac.jp) with a proof of your English proficiency (TOEFL iBT with a minimum score of 80 or IELTS with a minimum score of 6.5).

Please fulfill the following form when you receive permission from Dr. Morita. <https://forms.office.com/r/42Z2XGgncy>

Email

MORITA Ayako: morita.hlth@tmd.ac.jp

DOI Satomi: doi.hlth@tmd.ac.jp