

## Departmental Seminar

# Developing a Taxonomy of Health Behaviors

3:30 pm – 4:30 p.m. | January 16, 2017 (Monday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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#### Abstract

Health behaviors (HBs) are major determinants of health, illness and premature mortality. However, little is known about similarities and differences among them. Therefore, the objective of this research was to establish a reliable and valid common-sense taxonomy of HBs. Four studies were conducted for this purpose, from 2011 to 2013, across Israel. The first study created a comprehensive list of 66 HBs based on behaviors elicited by lay people (N=70), health professionals (N=30), and a literature review. In the second study, a sample of lay people (N=268) judged the importance of the HBs and a final list of 45 HBs perceived as most important was determined. In the third study, a similarity card sorting technique was administered to a representative sample (N=450), using the final list from Study 2. This resulted in hierarchical and dimensional classifications, which identified two main categories of HBs: Psycho-social, including psychological, social and work issues; and Physical, concerning risk avoidance, nutritional habits and health maintenance. The hierarchical classification further separated each category into distinguishable sub-clusters. The fourth study replicated the hierarchical structure of HBs in an Internet sample (N=627), and additional analyses revealed a high level of stability of the taxonomy across different demographic sub-groups. The health behavior taxonomy clarifies lay perspective proximities of HBs, and can provide a framework for research and a map for program developers looking for meaningful links between HBs.

~All are Welcome~

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