

Health Behavior Model:

The program will utilize the Health Belief Model (HBM), which emphasizes the valued the individual places on the goal and the individual's prediction that an action will help achieve the goal (Clark & Janevic, 2014). The success of this program will largely depend on the desire of each participant to avoid a second cardiac event and want a faster recovery from the first event and the belief that participating in these CAM interventions will help reduce the threat and speed recovery (Clark & Janevic, 2014). It will also depend on each participants belief in their ability to complete the interventions, both in the rehab setting and in real life (Clark & Janevic, 2014). These are the reasons we are providing an in-depth educational component, an in-person experiential during rehab, and providing accessibility to classes in person and online throughout the weeks of the program. These efforts are to change attitudes and beliefs about the need for stress management in cardiac recovery and self-efficacy and to change behaviors by increasing self-efficacy with proper instruction and accessible experiences.

Reference:

Clark, N. & Janevic, M. (2014). Individual theories. In Riekert, K., Ockene, J., & Pbert, L. (Eds.), *The handbook of health behavior change* (pp. 3-26). Springer.