

## **W55**

### **How GP's attitudes influence patient's self-efficacy**

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Self-Efficacy' is related to psychologist Albert Bandura. This concept/belief is linked to the power a person has to face challenges in life. This is most interesting to Doctors when it concerns the choices a person is most likely to make concerning different health behaviours like: smoking, exercising, dieting, using condoms, sticking to treatment plans etc. Self-Efficacy is closely linked to motivation and the deeply held conviction 'I have control in my life'. Self-Efficacy is built by social learning, modelling, repeated success and feed-back i.e. 'the consistent recognition of real accomplishment'(Erik Erikson).

in our Work shop we will

- Clarify which communication skills of GP's are favorable and supporting to SE (or not so favorable)
- Clarify which GP's behaviour is supporting or jeopardising SE in the domains of prescribing, test ordering, watchful waiting.
- Clarify the difference of CE and Autonomy or Competence.

The Results of our Workshop will be summarised in a final Conclusion draft.