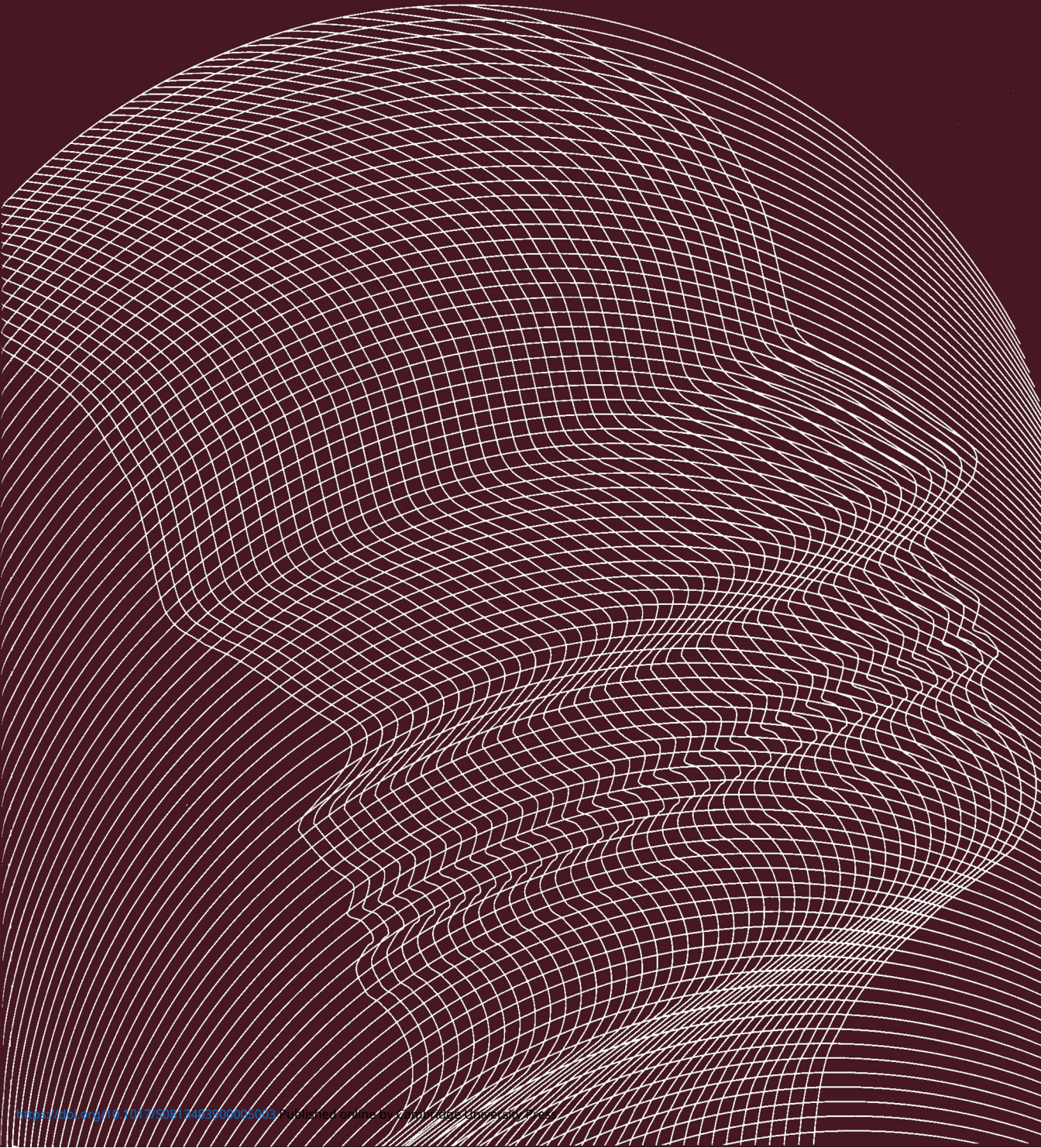


Behaviour Change

Journal of the Australian Behaviour Modification Association Vol. 11, No. 3, 1994



EDITOR

MATTHEW R. SANDERS
University of Queensland

ASSOCIATE EDITORS

NEVILLE M. BLAMPIED
University of Canterbury

CHRISTINA E. LEE
University of Newcastle

W. KIM HALFORD
University of Queensland

MARGOT R. PRIOR
La Trobe University

PETER H. WILSON
Flinders University of South Australia

MANAGING EDITOR

D. BRIAN WHITE LAW
QUT Counselling & Health Department
GPO Box 2434
BRISBANE QLD 4001

Phone (07) 864 2383
Fax (07) 864 1522

BOOK REVIEW EDITOR

RON M. RAPEE
Macquarie University

EDITORIAL BOARD

Donald M. Baer
University of Kansas

Keith D. Ballard
University of Otago

Albert Bandura
Stanford University

David H. Barlow
State University of New York at Albany

Alan S. Bellack
Eastern Pennsylvania Psychiatric Institute

Jay S. Birnbrauer
Murdoch University

Edward B. Blanchard
State University of New York at Albany

Cynthia M. Bulik
University of Canterbury

Mark R. Dadds
University of Queensland

Georg H. Eifert
University of Mississippi

Richard M. Foxx
PennState Harrisburg

Cyril M. Franks
Rutgers University

Martin Herbert
The University of Leicester

Michel Hersen
Nova University

David J. de L. Horne
University of Melbourne

Alan M. Hudson
Royal Melbourne Institute of Technology

Jack E. James
La Trobe University

Alan E. Kazdin
Yale University

Neville J. King
Monash University

Steven Linton
Orebro Medical Centre Hospital

Peter Lovibond
University of New South Wales

Paul R. Martin
University of Western Australia

Ken Mitchell
University of Newcastle

Iain Montgomery
University of Tasmania

Brian Oldenburg
University of Sydney

Thomas H. Ollendick
Virginia Polytechnic and State University

Neville Owen
University of Adelaide

Alan Ralph
Murdoch University

John F. Smith
University of Waikato

Susan H. Spence
University of Queensland

G. Terence Wilson
Rutgers University

Kevin W. Wheldall
Macquarie University

Behaviour Change

Journal of the Australian Behaviour Modification Association Vol.11, No.3, 1994

CONTENTS

Health Promotion and Disease Prevention in the Primary Health Care Setting: Setting the Scene	129
<i>Brian Oldenburg</i>	
The Effectiveness of a General-Practice-Based Physical Activity Intervention on Patient Physical Activity Status	132
<i>Peita Graham-Clarke and Brian Oldenburg</i>	
Changing Lifestyle: Who Benefits and How? Prevention in Primary Health Care Within the Female Population in a Swedish Community	145
<i>Cecilia Björkelund and Calle Bengtsson</i>	
Targeting Opportunities for Change: Mental Health Promotion in Primary Care	153
<i>Vivienne C. Tippet</i>	
General Practitioners as Agents of Health Risk Behaviour Change: Opportunities for Behavioural Science in Patient Smoking Cessation	167
<i>John H. Wiggers and Rob Sanson-Fisher</i>	
Prescribing Medication Versus Promoting Behavioural Change: A Trial of the Use of Lifestyle Management to Replace Drug Treatment of Hypertension in General Practice	177
<i>Christopher M. Reid, Barbara Murphy, Michael Murphy, Thomas Maher, Denise Ruth, and Garry Jennings</i>	
Concluding Commentary: Challenges and Choices for Health Promotion in General Practice	186
<i>Jeanette Ward</i>	
Book Reviews	189
Call for Nominations for Editor	194

Published four times annually and issued to all financial ordinary, institutional and student members of ABMA.

© 1994 The Australian Behaviour Modification Association

Behaviour Change is indexed in the following information systems: Australian Education Index, Multicultural Education Abstracts, Special Educational Needs Abstracts, CABS, Excerpta Medica, Psychological Abstracts, PsycINFO, Sociological Abstracts, Sage Family Study Abstracts, Current Contents/Social and Behavioural Sciences, Social SciSearch, and Research Alert.

Responsibility for the contents of papers rests upon the authors, and not upon the Association or the Publisher.

It is a condition of publication that manuscripts submitted to this journal have not been published and will not be simultaneously

submitted or published elsewhere. By submitting a manuscript, the authors agree that the copyright for their article is transferred to the Publisher if and when the article is accepted for publication. However, assignment of copyright is not required from authors who work for organisations that do not permit such assignment. The copyright covers the exclusive rights to reproduce and distribute the article, including reprints, photographic reductions, microfilm or any other reproductions of similar nature and translations. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, electrostatic, magnetic tape, mechanical, photocopying, recording or otherwise, without permission in writing from the copyright holder.

ISSN 0813-4839

Published for the ABMA by
AUSTRALIAN ACADEMIC PRESS
32 Jeays Street Bowen Hills QLD Australia

AUSTRALIAN BEHAVIOUR MODIFICATION ASSOCIATION

AIMS

The Australian Behaviour Modification Association (ABMA) is a multidisciplinary professional society. The aims of the Association are:

- 1 To organise continuing education and training in the principles and practice of behaviour modification;
- 2 To publish and disseminate information to members about developments in behaviour modification in Australia and other countries;
- 3 To educate the community in the principles and ethical practice of behaviour modification;
- 4 To liaise and consult with other persons or organisations in the teaching and practice of behaviour modification;
- 5 To promote the ethical practice of behaviour modification by members;
- 6 To organise or assist in the organisation of an annual National Conference on Behaviour Modification.

NATIONAL PRESIDENT

LEONE McCARRON
School of Psychology
University of South Australia
Adelaide SA 5000

Ph: (08) 302 2329

BRANCH PRESIDENTS

NEW SOUTH WALES

BRIAN KEARNEY
Department of Psychology
Prince Henry Hospital
Matraville NSW 2036

Ph: (02) 694 5769

VICTORIA

RAY WILKS
Department of Psychology and

Intellectual Disability Studies
Phillip Institute of Technology
Plenty Road
Bundoora VIC 3083

Ph: (03) 468 2722

QUEENSLAND

ADRIAN KELLY
ABMA (Qld Branch)
PO Box 165
Toowong QLD 4066

Ph (07) 365 5145

SOUTH AUSTRALIA

DON TUSTIN
Psychology Department
Minda Incorporated
Brighton
Adelaide SA 5048

Ph: (08) 296 4711

WESTERN AUSTRALIA

JURA TENDER
ABMA WA (Inc)
PO Box 188
Nedlands WA 6000
Ph: (09) 279 5300

PAST NATIONAL PRESIDENTS

1978-79	Keith Jonson
1979-80	David De L. Horne
1980-83	Matthew R. Sanders
1983-84	Peter Millier
1984-85	Paul Martin
1985-86	Alan Hudson
1986-87	Peter Wilson
1987-88	Mark Dadds
1988-89	Don Tustin
1989-90	Nada Murphy
1990-91	Mervyn Jackson
1991-92	Peter Lovibond
1992-93	Jan Lawton

SUBSCRIPTION RATES

Orders and subscription enquiries should be addressed to Journal Subscriptions, Australian Academic Press, 32 Jeays Street, Bowen Hills, QLD 4006, AUSTRALIA.

AUSTRALIA

Individuals \$33
Institutions \$63

NEW ZEALAND

Individuals \$43 (1yr)
Institutions \$74 (1yr)

OVERSEAS

Individuals \$60 (1yr)
Institutions \$83 (1yr)