**Week 6**

Self-care is a complex process which is influenced depending on developmental stage by a multitude of factors. Promoting healthy behaviors in all age groups requires patient participation. In addition, understanding social cognitive theory will enable the practitioner to assist patients to develop successful outcomes which intern lead to the adoption of health promoting behaviors.

* Choose a population of interest (children, adolescent, young, **middle-age**, or older adult), and select a health issue prevalent in this patient population**. – DEPRESSION**
* Discuss ways to enhance success in acquiring knowledge and skills in patient self-care for this health issue.
* Discuss how an understanding of social cognitive theory can help patients to adopt healthy behaviors in the selected target population.
* APA style / 10 pages essay excluding title page and references