

## Dr. Williams' Itinerary:

### Thursday October 2

- 12:00 – 1:00 pm: Presentation: “Motivation in Medicine and Health: Putting Self-Determination Theory into Practice” at the Reed Keller Auditorium, School of Medicine and Health Sciences, at UND.  
(This session is primarily for UND faculty, staff, and students, but members of the community are welcome)

### Friday October 3

- 8:30 – 10:00 am: Presentation “*A Virtual Intervention to Reduce Binge Drinking.*” River Valley Room, UND Memorial Union.  
(This session is for any faculty staff, students and community personnel interested in/involved with health and wellness)
- 10:00 – 11:00 am: Presentation/Discussion: “*Motivational Interviewing and Self-Determination Theory, Overlap and Differences.*” River Valley Room, UND Memorial Union.  
(This session is primarily for any health and wellness personnel who are likely to counsel or encourage others towards healthful lifestyle changes)

## Special Thanks

Dr. William's visit is possible because of the sponsorship and the assistance of the following people and groups:

- Joshua Wynne, MD., Dean of the UND School of Medicine and Health Sciences.
- Laurie Betting, PT, DPT, Associate Vice President for Health & Wellness at UND.
- James Whitehead, Ed.D., Professor of Kinesiology and Public Health Education at UND.

(For more information contact Dr. Jim Whitehead at 701-777-4347 or james.whitehead@email.und.edu)

# North Dakota Welcomes Dr. Geoffrey C. Williams



*For a series of presentations on:  
Thursday, October 2, and Friday,  
October 3, 2014*

## Biographical Notes

Dr. Geoffrey C. Williams works at the Healthy Living Center, part of the Center for Community Health at the University of Rochester. He is also a Professor of Medicine, with secondary appointments in Psychiatry and Psychology. Dr. Williams has an M.D. from Wayne State University and a Ph.D. in Health Psychology from the University of Rochester. He completed his residency in Internal Medicine in the Associated Hospital Program at the University of Rochester, and has held fellowships in General Internal Medicine and Biopsychosocial Medicine. Dr. Williams has over more than 25 years of practice, experience in academic internal medicine, and training as a health psychologist. He has contributed to the development of the Self-Determination Theory (SDT) model for health behavior change, focusing much of his research career on SDT and its application in interventions for health-related motivation, tobacco dependence treatment, diabetes self-management, adherence to medications, and other health behaviors that are difficult to change. He has been the recipient of numerous grants, including research support from the National Cancer Institute, the National Institute on Drug Abuse, the National Institute of Diabetes and Digestive and Kidney Diseases, Small Business Innovation Research, and the National Institute of Mental Health. Dr. Williams has published more than 100 peer-reviewed articles as well as books and numerous book chapters. He has also presented at more than 50 major national professional meetings.

### Selected References

Ng, J., Ntoumanis, N., Thøgersen-Ntoumanis, C., Deci, E.L., Ryan, R.M., Duda, J.L., & Williams, G.C. (2012). Self-determination theory applied to health contexts: A meta-analysis. *Perspectives on Psychological Science*, 7(4):325-40.

Williams, G., Elliot, A., Niemiec, C., LaGuardia, J., Gorin, A., & Rigby, C. (2014). A Virtual Look AHEAD Program: Initial support for a partly virtualized intensive lifestyle intervention in type 2 diabetes. *Diabetes Care*, 37(8): e169-e170 doi: 10.2337/dc14-0831.

## Highlights of Dr. William's Research

**Smoking Cessation:** In *The Smokers' Health Study* over 1000 smokers were randomized to receive an SDT intervention versus community care (whether they wanted to stop smoking in the next month or not). This cessation induction intervention was the first to demonstrate that autonomous self-regulation and perceived competence could be changed in a clinical trial that also improved health (abstinence from tobacco) in the short and long term. As predicted, patients who were in the intervention groups showed greater internalization than the community care group, and both groups showed positive change through the same change in autonomy and perceived competence. Cholesterol was also significantly reduced for smokers with high LDL cholesterol in a second health outcome in this study.

**Medical Education:** In a series of studies on medical education Dr. Williams showed that internalization of biopsychosocial values by medical students, and choice of residency by medical students was partly explained by the autonomy supportiveness of the learning climate.

**Weight Management:** In a longitudinal study of morbidly obese patients Dr. Williams and his colleagues demonstrated that 6 month and 24 month weight loss was predicted by autonomy support and autonomous self regulation for weight loss. These findings were later supported and extended to physical activity and weight loss in a Randomized Controlled Trial (PESO Trial) in Portugal.

**Virtual Programs:** Dr. Williams has created four virtual programs with Avatars that deliver clinical content for weight loss, alcohol use, and cholesterol management. Initial research has demonstrated that autonomous motivation predicts positive outcomes.

**Mental Health Issues:** Dr. Williams has published work linking lower levels of autonomy and perceived competence to depressive symptoms, suicide attempts and somatization.

(For more on Dr. Williams' work see:

<http://www.selfdeterminationtheory.org/authors/geoffrey-williams/> )