



## **What predicts participation in leisure time physical activity?**

### ***Purpose***

To determine what theoretical variables predict physical activity participation among people with spinal cord injury.

### ***Summary***

- A Social Cognitive Theory framework was used to determine which variables (self-efficacy, self-regulation, social support, and outcomes expectations) predict leisure-time physical activity participation
- Self-regulation (a person's intentions, plans, and goals) directly predicted leisure-time physical activity
- Self-regulatory efficacy (one's confidence with goal setting, overcoming barriers, and scheduling) predicted physical activity through self-regulation meaning that higher self-regulatory efficacy led to higher self-regulation which predicted and led to higher leisure-time physical activity participation
- Outcome expectations (e.g., one's perceptions of the benefits, value, enjoyment of physical activity) also operated through self-regulation to predict leisure time physical activity

### ***Possible Applications***

- People with spinal cord injury that plan and make goals to help stay active are more physically active
- Physical activity interventions should incorporate these self-regulation strategies as part of their exercise programs

### ***Research Abstract***

#### **Determinants of Physical Activity Among People with Spinal Cord Injury: A Test of Social Cognitive Theory**

***Background:*** Little theory-based research has focused on understanding and increasing physical activity among people with physical disabilities. Testing a social cognitive theory based model of determinants is important for identifying variables to target in physical activity-enhancing interventions.

***Purpose:*** The aim of this study is to examine Social Cognitive Theory variables as predictors of physical activity among people living with spinal cord injury.

**Methods:** Structural equation modeling was used to test a model of Social Cognitive Theory predictors of physical activity (n=160).

**Results:** The model explained 39% of the variance in physical activity. Self-regulation was the only significant, direct predictor. Self-regulatory efficacy and outcome expectations had indirect effects, mediated by self-regulation.

**Conclusion:** Social Cognitive Theory is useful for predicting physical activity in people with spinal cord injury. Self-regulation is the most potent Social Cognitive Theory predictor of physical activity in people with spinal cord injury. Self-regulation and its determinants should be targeted in physical activity-enhancing interventions.

Martin Ginis, K. A., Latimer, A. E., Arbour-Nicitopoulos, K. P., Bassett, R. L., Wolfe, D. L., & Hanna, S. E. (2011). Determinants of physical activity among people with spinal cord injury: A test of social cognitive theory. *Annals of Behavioral Medicine, 42*, 127-133