



## ***Factors related to longer-term exercise patterns among people with SCI***

### ***Purpose***

To look at exercise patterns of people with SCI over an 18-month period, and factors that are related to those patterns.

### ***Summary***

- Four types of exercise patterns were found:
  - inactive (22%) – people who did not report any activity over the 18 months
  - active:
    - decreaser (32%) –those who decreased their activity over 18 months
    - increaser (14%) –those who increased their activity over 18 months
    - stable (32%) –those who remained active at a consistent level over 18 months
- People who were active over 18 months were more likely to:
  - plan to be active daily
  - be younger
  - only a few years post-injury
  - have a less severe injurythan those who were inactive over the 18 months.
- Pressure ulcers were shown to have a significant impact on a person's ability to remain active and to resume an active lifestyle after the ulcer.

### ***Possible Applications***

- Exercise interventions should focus on people who are older, have more severe injuries and/or injuries for longer.
- Regular prevention of pressure ulcers impact regular exercise patterns. People who experience an ulcer may need additional support to resume activity after the ulcer heals.

### ***Research Abstract***

***Objective:*** It is crucial to understand long-term leisure time physical activity (LTPA) patterns of persons with spinal cord injury (SCI) as the challenges of living with this

disability heavily influence LTPA levels. The purpose of this study was to explore emerging LTPA patterns in a sample of persons with SCI over an 18-month period. In addition, the study aimed to investigate the influence of pressure ulcers, demographic variables, and theory of planned behavior (TPB) constructs on the emerging LTPA trajectories.

**Method:** Participants (N=541) were enrolled in the SHAPE-SCI study and responded to questionnaires assessing LTPA, TPB constructs and demographic variables. Latent Class Growth Modeling was used to detect emerging LTPA patterns and to test the influence of important demographic and theoretical variables.

**Results:** Four LTPA patterns emerged: inactive, increaser, decreaser, and stable active, representing 22%, 14%, 32%, and 32% of the sample, respectively. The presence of pressure ulcers resulted in a decline in LTPA among participants with a stable active trajectory. Finally, LTPA intentions were higher in all patterns compared to the inactive group. Injury severity, age, and years postinjury also distinguished the trajectories.

**Conclusion:** Interventions should focus on increasing individuals' intentions and should be directed toward people who are older, have more severe injuries and have been injured for longer.

**Sweet, S.N., Martin Ginis, K.A., Tomasone, J.R., & the SHAPE-SCI Research Group (2013). Investigating intermediary variables in the physical activity and quality of life relationship in persons with spinal cord injury. *Health Psychology, 32*, 877-885. doi: 10.1037/a0032383.**