



## ***Two Interventions to Encourage Leisure Time Physical Activity Participation***

### ***Purpose***

- To find out whether 2 interventions would further encourage people with SCI who are intending to be active to start exercising
  1. a telephone-based physical activity counseling service
  2. a home-based strength training session, demonstrated by a peer and fitness trainer

### ***Summary***

- The telephone-based service was well-received and after using the service, participants had greater intentions to be active and were more confident to set physical activity goals
- 4 weeks after the home-based strength training session, participants had greater confidence in the exercise task, in overcoming barriers to exercise, their ability to action plan, had greater intentions to exercise, and were exercising more than before the home-based session

### ***Possible Applications***

- a single intervention session has an impact on people who intend to exercise; one session can “nudge” them into action
- the evidence-based manuals, guides, and videos developed for these interventions are publically available at [www.sciactioncanada.ca](http://www.sciactioncanada.ca)

### ***Research Abstract***

Developing physical activity interventions for adults with spinal cord injury. Part 2: Motivational counseling and peer-mediated interventions for people intending to be active

***Objective:*** The majority of people with spinal cord injury (SCI) do not engage in sufficient leisure-time physical activity (LTPA) to attain fitness benefits; however, many have good intentions to be active. This paper describes two pilot interventions targeting people with SCI who are insufficiently active but intend to be active (i.e., “intenders”).

***Method:*** Study 1 examined the effects of a single, telephone-based counseling session on self-regulatory efficacy, intentions, and action plans for LTPA among seven men and women with paraplegia or tetraplegia. Study 2 examined the effects

of a home-based strength- training session, delivered by a peer and a fitness trainer, on strength-training task self-efficacy, intentions, action plans, and behavior. Participants were 11 men and women with paraplegia.

**Results:** The counseling session (Study 1) yielded medium- to large-sized increases in participants' confidence to set LTPA goals and intentions to be active. The home visit (Study 2) produced medium- to large-sized increases in task self-efficacy, barrier self-efficacy, intentions, action planning, and strength-training behavior from baseline to 4 weeks after the visit.

**Conclusions/Implications:** Study 1 findings provide preliminary evidence that a single counseling session can impact key determinants of LTPA among intenders with SCI. Study 2 findings demonstrate the potential utility of a peer-mediated, home-based strength training session for positively influencing social cognitions and strength-training behavior. Together, these studies provide evidence and resources for intervention strategies to promote LTPA among intenders with SCI, a population for whom LTPA interventions and resources are scarcely available.

### **Impact**

- Study 1 is the first to demonstrate the efficacy of a brief motivational counseling session for strengthening social–cognitive determinants of physical activity in persons with SCI who intend to become active. Study 2 is the first study, in any population, to demonstrate the efficacy of employing peer mentors to deliver a brief intervention in a person's home to increase strength-training behavior and its social– cognitive determinants.
- Given the dearth of research testing LTPA-enhancing interventions for persons with SCI, these studies provide preliminary evidence that both motivational counseling and peer-mediated strength-training sessions can enhance social–cognitive determinants of LTPA. A peer- mediated session can also increase strength-training behavior.
- These pilot studies have resulted in the creation of evidence-based resources that can now be used by clinicians and service organizations to implement motivational counseling and peer-delivered LTPA- enhancing interventions.

Latimer-Cheung AE, Arbour-Nicitopoulos KP, Brawley LR, Gray C, Wilson AJ, Prapavessis H, Tomasone JR, Wolfe DM, Martin Ginis KA. (in press). Developing physical activity interventions for adults with spinal cord injury. Part 2: Motivational counseling and peer-mediated interventions for people intending to be active. *Rehabilitation Psychology*.