



Delivering Physical Activity Information to People with SCI

Purpose

To determine ways people with spinal cord injury want to receive or access physical activity information. Who should deliver the physical activity information and what format should the information be in?

Summary

- Community-dwelling adults with SCI were interviewed in focus groups
- Participants indicated that:
 - media sources such as the Internet, DVDs, and newsletters were the preferred method for obtaining physical activity information and that
 - peers and trained health service providers were the preferred deliverers of the information
- depending on the recovery phase, participants indicated that information needs to change according to whether they are in the immediate acute phase, during rehab, at the time of discharge, or in their current situation

Possible Applications

- physical activity information can be provided on reputable websites for immediate and convenient access
- learn more about how to be physical activity by utilizing peer support groups that are knowledgeable about exercise and activity

Research Abstract

Preferred Methods and Messengers for Delivering Physical Activity Information to People With Spinal Cord Injury: A Focus Group Study

Objective: To explore the perceptions of people with spinal cord injury (SCI) regarding preferred messengers and methods for obtaining physical activity (PA) information.

Design: Using a phenomenological approach and interviewing techniques, five focus groups discussed PA information delivery methods and messengers.

Participants: Sixteen community-dwelling adults with SCI (62.5% tetraplegia, 37.5% paraplegia; at least one-year post-injury) whose PA levels ranged from sedentary to regularly active.

Results: Content analyses revealed that the preferred media for obtaining PA information were passive sources (e.g., Internet, DVDs, newsletters). The preferred messengers were peers and health service providers. There were diverse



perspectives about the value and types of PA messages to share with people in the acute, rehabilitation, and post-discharge stages.

Conclusions: The methods and messengers identified in this study illustrate the need for interdisciplinary engagement among various program and health care providers to work together to effectively deliver PA information to all individuals with SCI. People will be receptive to different messages, from different channels, at different times.

Letts, L., Faulkner, G., Gorczynski, P., Wolfe, D. M. & Martin Ginis, K. A. (2011). Preferred methods and messengers for delivering physical activity information to people with spinal cord injury: A focus group study. *Rehabilitation Psychology, 56*, 128-137.