KASPADI-Study

Affective judgment and self-reported physical activity levels of individuals with type 2 diabetes or obesity after an exercise-based rehabilitation.

Background

Many persons with T2DM and obesity do not engage in sufficient PA to promote health: about 60-80% are not meeting the current PA guidelines. Therefore, the promotion of PA is a primary issue for health care and rehabilitation services.

Studying the individual psychological factors of PA with various social cognitive theories, e.g. the recently developed Health Action Process Approach (HAPA), has become a prominent research topic in PA research. Nevertheless, these models frequently explain less than 30% of the inter-individual variance of PA behavior thereby leaving substantial variance unexplained. A common criticism of social cognitive theories and possibly contributing to their modest predictive power is the inadequate consideration of an individual-level emotional respectively affective component

Aims

• Evaluate an inpatient medical exercise-based rehabiltiation with regard to the promotion of PA
• Evaluate affective judgments in conjunction with the standard social cognitive variables of the HAPA as predictors of PA behavior 3 and 6 months after discharge.

Methodology

• Longitudinal, observational study with four measurement points in time (bevor / after rehabilitation, follow-up 3 and 6 months)
• Inclusion criteria: Adult men and women with a main diagnosis of either non-insulin-dependent diabetes mellitus (ICD-Code E11.-) or localized adiposity respectively obesity (ICD-Codes E65 and E66)
• Exclusion criteria: primary orthopaedic or musculoskeletal diagnosis

Outcomes

• Physical activity (IPAQ long-version)
• Social-cognitive variables of the Health Action Process Approach (HAPA)
• Exercise-related affective judgements (Scale from Brand, 2006)
• Sex, age, body height, body weight and medical diagnosis

	10-12/2010			1-12/2011										
	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
Rekrutierung															
Follow-up															
Datenauswertung															

Tab.: Timeline (Rekrutierung = recruiting, Datenauswertung = data-analysis)

Pre-Reha > Post-Reha > 3 Months > 6 Months

Expected benefit

For the development of successful interventions to promote physical activity a thorough understanding of the determinats of physical activity change is needed. Understanding the role of affective judgments for long-term physical activity can have important implications for phyiscal activity promotion interventions.

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