

An internet-based behaviour change intervention among middle-aged adults in preparation for older adulthood: A randomized controlled trial

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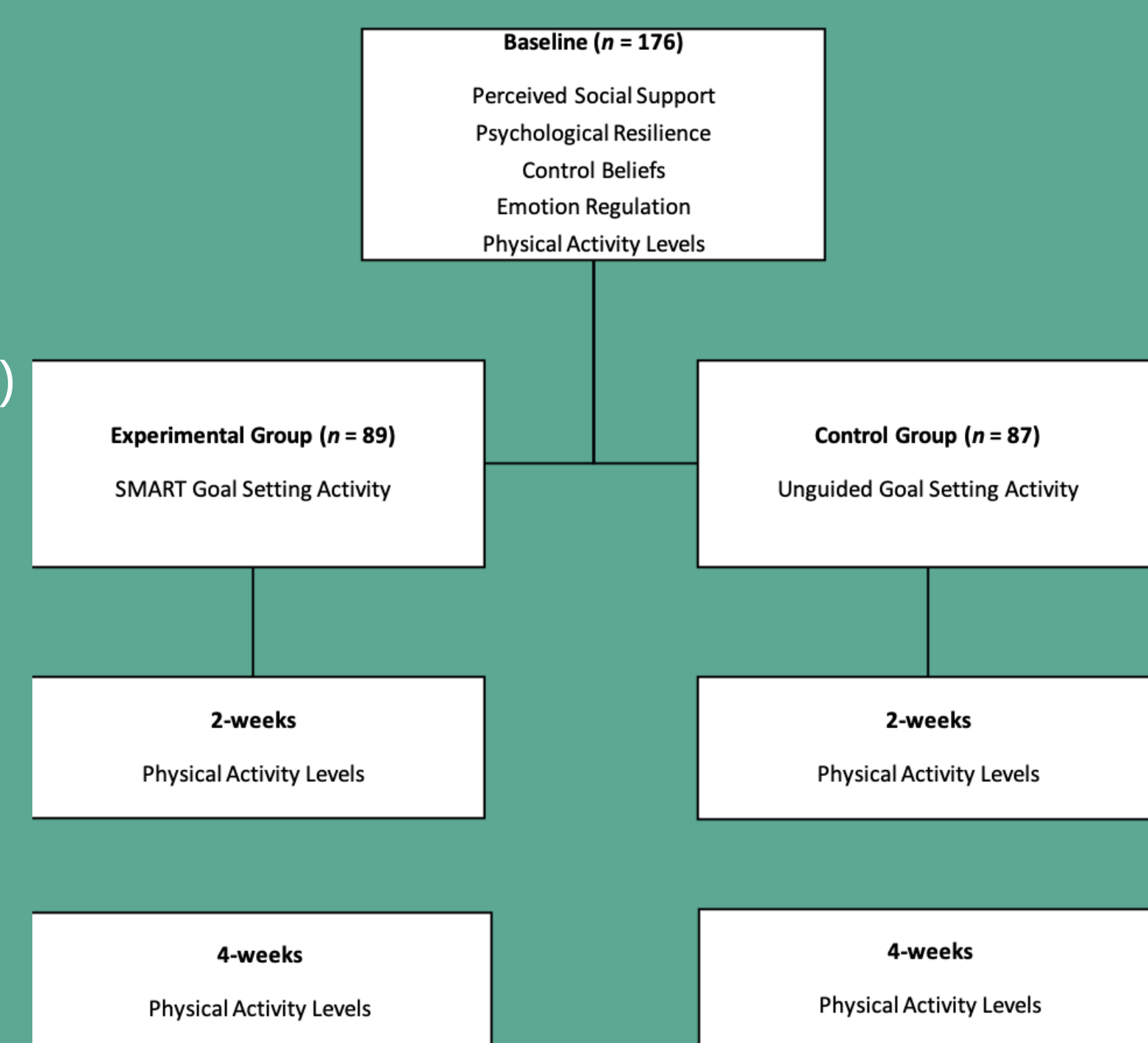
Methodology

Participants:

- 176 middle-aged adults (i.e., 35 - 65 years old)
- Residing in Saskatchewan

Procedure:

- Baseline: Online Survey Measuring:
 - Perceived Social Support
 - Psychological Resilience
 - Control Beliefs
 - Emotion Regulation
 - Physical Activity Levels
- Randomly assigned to experimental (n = 89) or active control (n = 87) groups
- Experimental Group completed a brief action planning intervention (i.e., setting a SMART goal)
- Control Group completed an unguided goal setting activity
- 2-weeks:
 - Both the experimental and control groups reported their physical activity levels
- 4-weeks:
 - Both the experimental and control groups reported their physical activity levels



Conclusions

The findings of this study have implications for both future research and program planning.

Findings indicate that it may be beneficial to include a supportive or peer-group aspect to fitness programming for middle-aged adults in order to ensure such adults are reaping the benefits of social support from friends.

We need to continue to encourage middle-aged adults to take control of their health, as this will to create a healthier generation of older adults in the near future.

Introduction

- Midlife Crisis
 - Myth
 - Midlife can be a time of personal growth
 - Health-promoting habits we develop during this time set the stage for future health outcomes
- Research has focused on younger adults, ignoring the importance of the middle-aged
- If we could determine what psychosocial traits and interventions are effective in encouraging middle-aged adults to engage in physical activity, we may see a healthier generation of older adults in the near future
- Psychosocial traits under investigation:
 - emotion regulation - one's ability to manage and respond to emotional experiences
 - control beliefs - one's beliefs about the control they have over a given situation or outcome
 - psychological resilience - the ability of an individual to successfully adapt to adversity which challenges survival or function
 - social support - the support from others which serves as a safeguard between stressful events and stress response

Objectives

- To examine the influence of:
 - emotion regulation
 - control beliefs
 - psychological resilience
 - perceived social support on the physical activity levels of middle-aged adults
- The examine the influence of an internet-delivered brief action planning intervention on the physical activity levels of middle-aged adults



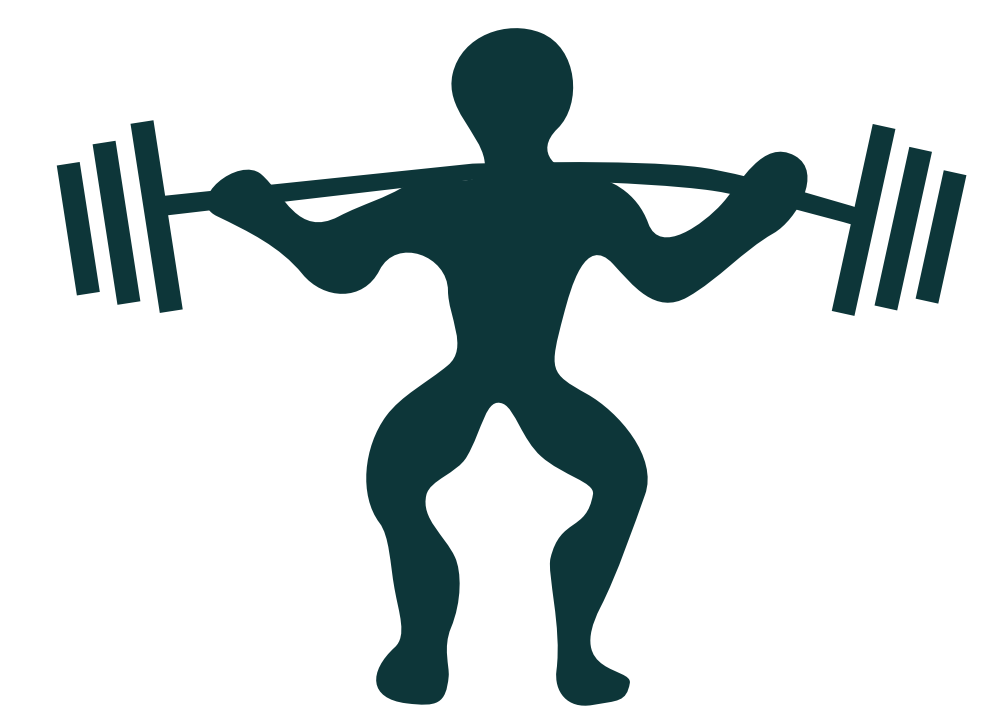
Results

Those who used cognitive reappraisal and attempted to change the way they interpreted negative emotions engaged in walking activities more frequently than those who instead tried to control their emotions through hiding them.



Those who reported feeling supported by friends were more likely to take part in moderate physical activities such as cycling at a gentle pace.

Those who reported higher levels of resilience were more likely to engage in vigorous activities, such as heavy lifting.



It was also discovered that the brief action planning intervention was ineffective at increasing the physical activity of participants.

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