

Project IDEA (Individuals Devoted to Exercise Adherence)

Using a widely-accepted model of behavior change (Transtheoretical Model), this study aims to understand how demographic, psychosocial and behavioral factors are related to long-term maintenance of physical activity.

We plan to assess demographic variables (age, sex, race/ethnicity, health status, education level, income) and transtheoretical model constructs (stages of change, decisional balance, processes of change, self efficacy and temptation to not exercise) to determine the predictors of exercise acquisition and long-term adherence to physical activity.

Study Progress as of 9/16/2009 -

Baseline surveys = 336

6-month follow-up surveys = 100

Participant recruitment and enrollment for Project IDEA are ongoing.

Thank you for your participation and interest.