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Evaluation of Work Place Group and Internet Based Physical Activity Interventions on Psychological Variables Associated with Exercise Behavior Change

Kimberley A. Dawson¹, Jill Tracey¹, Tanya Berry²

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¹ Department of Kinesiology and Physical Education, Wilfrid Laurier University, University Ave West, Waterloo, Ontario, Canada

² Faculty of Physical Education and Recreation, University of Alberta, Edmonton, Alberta, Canada

Kimberley A. Dawson
 Department of Kinesiology and Physical Education, Wilfrid Laurier University, University Ave West, Waterloo, Ontario, Canada, N2L 3C5
 Email: kdawson@wlu.ca

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ABSTRACT

The purpose of this research was to compare group-based and internet-based physical activity interventions in terms of desirability, participant characteristics, exercise self-efficacy, and barrier self-efficacy. Pretest questionnaires were completed prior to voluntary enrollment into either of the ten-week physical activity interventions. Both interventions were based on Social Cognitive Theory and the Transtheoretical Model. Interventions were followed with posttest questionnaires. Results demonstrated that the internet intervention attracted more participants, but only the group-based participants showed significant increases in exercise and barrier self-efficacy. At pretest, participants who selected the internet intervention were significantly lower in life and job satisfaction than those who selected the group intervention. Results suggest that traditional group-based exercise interventions are helpful for improving cognitions associated with exercise behavior change (e.g., exercise self-efficacy) and that the internet intervention may help employees who fall into an "unhappy employee" typology.

Key words: exercise, self-efficacy, behavior change, workplace, intervention

Key Points

- Group-based physical activity interventions are capable of improving exercise self-efficacy and barrier self-efficacy.
- At pretest, participants who selected the internet physical activity intervention were significantly lower in job and life satisfaction than those who selected the group-intervention.
- While the internet intervention attracted more participants, the group-based physical activity intervention was more successful at changing cognitions associated with successful exercise behavior change.

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