

Understanding the barriers and motivation to exercise in older adults

Why is this study taking place?

Regular exercise participation is a promising lifestyle factor to prevent decline in cognitive health and emotional wellbeing in older adults. However, the level of inactivity increases significantly with age. In London, more than 45% of population 55+ are inactive or not sufficiently active. Strong evidence shows that community-based exercise programmes are promising strategies to increase and sustain physical activity in older adults, accessible to the wider population and cost-effective means of poor-health prevention. Our research team conducted a comprehensive review and a focus group study to understand the determinants of group-based exercise participation and its benefits on emotional wellbeing and cognitive function. We found that facilitators to adherence were: individual aspects of motivation; social support, competence, finding a stimulating programme, cost and convenience. In order to effectively recommend exercise to inactive older adults, further research is needed to investigate how their motivation (or amotivation) is affected by past experience, attitude towards exercise, perceived challenges, limitations in physical function; and their skills to overcome those challenges.

The aim of this study is to investigate the barriers and motivation to exercise of inactive older adults. In future, it might allow us to design a tailored approach which might facilitate exercise uptake.

What does participating in this research involves?

We are inviting inactive older adults to participate who are aged over 65. We would like to know more about their experiences, views, preferences of different types of leisure activities and about any barriers which may stop them from being physically active. This study involves taking part in an interview (45-60 minutes) and participants will be also asked to fill in a battery of questionnaires (15 min). The interview will be audio-recorded and it will take place one-on-one either at a public place (for example community hall, library, coffee shop, etc) or at the London South Bank University. In case it is not possible, participants will be contacted by telephone. Participation is voluntary and participants are still free to withdraw during the interview without giving a reason.

Possible benefits to participation

Participants' opinions are very important and valuable in order to provide understanding of barriers to physical activity. By understanding these issues, the study will provide some guidance on how to support inactive people to be more physically active. The study will also highlight areas for improvement in the current exercise programmes and services. The results will inform practitioners who recommend physical activity for older adults how they can motivate people to start an exercise programme.

What will happen to the results of the research study?

All information gathered will be anonymised, and some quotes will then be used in publications including reports and scientific articles and they might be disseminated to key public, scientific and professional stakeholders via presentations and leaflets. The results will also be part of a doctoral dissertation at London South Bank University.

Who is organising the research and who has reviewed the study?

This study has been conducted by Zsolia Szekeres, PhD student researcher of the School of Applied Sciences. The research has been approved by the University Research Ethics Committee of London South Bank University.

Contact for Further Information

We would greatly appreciate if you could support this research by informing your clients about this study and giving them the contact details of the researcher if they would like to take part.

If you would like to know more about the outcome of our completed study and if you have any questions regarding this project, please contact a member of the research team.

Main contact details: Miss Zsolia Szekeres Email: szekerez@lsbu.ac.uk

If you have any concerns about the way in which the study has been conducted, please contact the Ethics Committee of London South Bank University or the Head of Department.

Thank you very much for taking the time to read this information sheet!

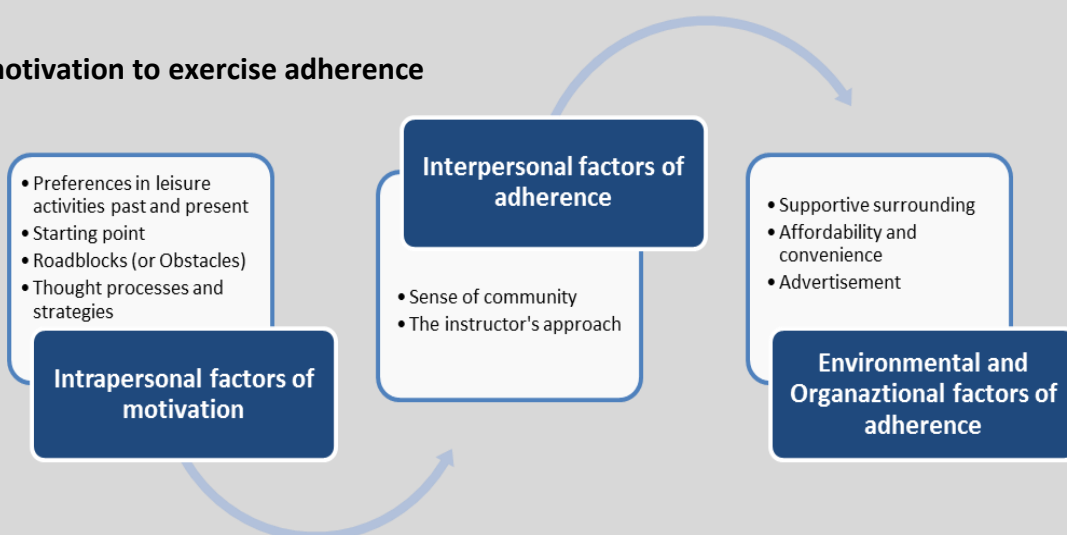
Miss Zsolia Szekeres

London South Bank University, 23/01/2020

Supervisory team:		University Research Ethics Committee:
Dr Rita de Oliveira	Email: r.oliveira@lsbu.ac.uk Phone: 020 7815 7959	Email: sasethics@lsbu.ac.uk
Dr Lisa Zaidell	Email: zaidell2@lsbu.ac.uk	Head of Department of Human Sciences:
Dr Katya Mileva	Email: milevakn@lsbu.ac.uk	Email: steve.hunter@lsbu.ac.uk

Summary of previous research findings

Determinant of motivation to exercise adherence



Benefits of exercise adherence

