

**Title of Intervention:** The diabetes network internet-based physical activity intervention

**Intervention Strategies:** Individual Education, Supportive Relationships

**Purpose of the Intervention:** To provide support for sedentary patients with Type 2 diabetes to increase their physical activity levels

**Population:** Sedentary patients with type 2 diabetes

**Setting:** Home-based

**Partners:** None mentioned

**Intervention Description:**

- Individual Education: A personalized physical activity website program was tailored to meet individual needs. Patients were educated about benefits of physical activity and tools were given on the website to schedule time for physical activity. Further education was provided by a resource area of the website that contained relevant articles, tips and motivational stories.
- Supportive Relationships: Participants had access to an online support area where they received encouraging, tailored messages from a personal coach. There was also a conference area of the website where participants could communicate with each other and provide support by posting messages. A follow-up phone call was made to collect data if participants had not completed online assessments after 10 days.

**Theory:** Transtheoretical Stages of Change Model

**Resources Required:**

- Staff/Volunteers: Occupational therapist (who served as the personal coach), endocrinologist, registered dietitian, exercise physiologist
- Training: Not mentioned
- Technology: Computers, website developers
- Space: Computer station
- Budget: Not mentioned
- Intervention: Website content, telephone
- Evaluation: Web-based questionnaires

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - Questionnaires were used to assess potential recruits of the study, physical activity frequency and duration and depressive symptoms.
  - Participants tracked their progress by generating graphs.
  - A user satisfaction survey and other measures were used to track and evaluate program implementation.

**Outcomes:**

- Short Term Impact: A non-significant decrease in depressive symptoms was shown in the intervention group, whereas control group participants showed increases.
- Long Term Impact: Moderate increases in physical activity were seen in both walking and moderate-to-vigorous intensity physical activity groups.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

McKay HG, King D, Eakin EG, Seeley JR, Glasgow RE. The diabetes network internet-based physical activity intervention: a randomized pilot study. *Diabetes Care*. Aug 2001;24(8):1328-1334.