

Title of Intervention and Website: Counseling for overweight sedentary adults

Intervention Strategies: Individual Education

Purpose of the Intervention: To increase regular physical activity in adults at elevated risk of cardiovascular disease

Population: Adults with a body mass index of 25-35

Setting: General practitioner offices and primary healthcare centers; healthcare facility-based

Partners: None mentioned

Intervention Description:

Participants were divided into an intervention group and a control group. The control group received counseling based on the hospital's usual promotion methods.

- Individual Education: Participants were counseled by practice nurses during 20-minute sessions. Patients with three risk factors were invited to attend three sessions while patients with two were invited for two sessions. Participants were counseled on how to increase their physical activity levels and were encouraged to exercise at least three times a week. They were educated about exercise and health attitude, identification of incentives, self-monitoring, goal-setting and relapse prevention.

Theory: Stages of change

Resources Required:

- Staff/Volunteers: Practice nurses
- Training: Nurses were trained in brief behavioral counseling methods based on the stage of change model
- Technology: not mentioned
- Space: clinic space
- Budget: not mentioned
- Intervention: not mentioned
- Evaluation: psychosocial measures questionnaire, physical examination and statistics software

Evaluation:

- Design: questionnaire, physical examination and statistical analysis
- Methods and Measures: Participants were assessed individually by a nurse practitioner. Physical examinations (blood pressure, blood cholesterol, anthropometry and biochemically validated smoking status) and a psychosocial questionnaire were administered at baseline, 4-months and 12-months. Questionnaire covered sociodemographic measures and social cognition measures.

Outcomes:

- Short Term Impact: not mentioned
- Long Term Impact: The number of episodes of physical activity was twice as high for the intervention group.

Maintenance: Not mentioned

Lessons Learned: Social support and cognitive variables can increase physical activity following counseling of sedentary overweight adults.

Citation(s): Steptoe, A., E. Rink, et al. (2000). "Psychosocial predictors of changes in physical activity in overweight sedentary adults following counseling in primary care." *Prev Med* 31(2 Pt 1): 183-94.