

Title of Intervention and Website: Relapse Preparation Training and Social Support

Intervention Strategies: Supportive Relationships, Individual Education

Purpose of the Intervention: To increase physical activity in young females through relapse prevention and social support

Population: Healthy, inactive, female undergraduate students enrolled in Psychology classes at Virginia Polytech Institute

Setting: Virginia Polytechnic University; school-based

Partners: University of Mississippi; Virginia Polytechnic Institute and State University

Intervention Description:

- Supportive Relationships: Participants were assigned to jogging groups based on fit tests and were requested to jog with at least one group member throughout the study. Team building exercises were implemented to increase cohesiveness and familiarity within groups.
- Individual Education: Participants were given a description of runner's relapse effect and how it could influence exercise maintenance. They were given written vignettes describing instances when missing planned exercise episodes and experiencing relapse effect were probable. Coping strategies were rehearsed both individually and as a group.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: class leaders
- Training: not mentioned
- Technology: not mentioned
- Space: Access to running track
- Budget: not mentioned
- Intervention: Relapse effect handout based on Marlatt and Gordon's (1980) "Abstinence Violation Effect," written vignettes, coping strategy instructions
- Evaluation: Cooper's 12-minute test, Relapse Effect Questionnaire, Group Task Questionnaire, exercise logs, physical activity behavior questionnaire

Evaluation:

- Design: pre/post
- Methods and Measures:
 - Cooper's 12-minute test measured aerobic capacity, administered pre/post.
 - Relapse Effect Questionnaire to assess understanding of the relapse effect
 - Group Task Questionnaire to measure group cohesiveness
 - Questionnaire evaluating physical activity behavior administered 2 months post intervention

Outcomes:

- Short Term Impact: Not measured.
- Long Term Impact: Results showed that relapse preparation training alone and social support alone resulted in the initiation of nearly double the number of jogging episodes to the number initiated in the control condition.

Maintenance: Not mentioned

Lessons Learned: Future interventions should use intact, naturally occurring groups that already have cohesion.

Citation(s):

King, A. C. and L. W. Frederiksen (1984). "Low-Cost Strategies for Increasing Exercise Behavior: Relapse Preparation Training and Social Support." *Behav Modif* 8(1): 3-21.