Impact of Motivational Workshops on Lifestyle Modification to Increase Physical Activity

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Background
- Cardiovascular disease death rates are about 1.7 times higher in adults with diabetes in the United States.
- More than 70% of people with diabetes also have hypertension.
- About five million adults with diabetes also have coronary heart disease.
- About 29 million people have diabetes in the United States.
- Every year more than 600,000 people die of heart disease in the United States.
- Routine physical activity can help lower one’s risk of such chronic diseases.
- More than 80% of adults fail to meet recommend physical activity guidelines in the United States (150 minutes a week of moderate intensity, 75 minutes a week of vigorous intensity).
- Motivational workshops that focus on physical activity could help people adapt routine physical activity into their lifestyles.

Method (cont.)
- Keywords: motivational workshops, social cognitive theory, physical activity while restricting by English and adults only.
- 60 studies were found (1 CINAHL, 51 ProQuest, 1 Medline and 7 Medline Science).
- Studies that were duplicate or focused on other area than physical activity were excluded.
- Six-step approach was used to evaluate the impact of motivational workshops on lifestyle modification to increase physical activity.

The six-step approach includes:
1. Building a partnership
2. Negotiating an agenda
3. Assessing resistance and motivation
4. Enhancing mutual understanding
5. Implementing a plan
6. Following through

Results
- Motivational workshops with onsite physical activity sessions and telephone counseling sessions:
  - Aerobic physical activity
  - Quality of life
  - Physical functioning
  - Social interactions
  - Body weight
  - Blood pressure
  - Blood sugar level

Conclusion
- Six-step approach is effective for the motivational workshops.
- Motivational workshops have a positive impact on:
  - Increasing physical activity
  - Mental and emotional wellbeing
  - Weight management
  - Lowering the risk of chronic illnesses.
- Healthcare professionals should act as motivational guide to help increase physical activity.

Purpose
- To perform an integrative review to identify and analyze the existing research literature on motivational workshops to increase physical activity.

Method
- A literature review
- Keywords: motivational workshops and social cognitive theory.
  - 810 studies were found (2 CINAHL, 787 ProQuest, 2 Medline and 19 Medline Science).
- Keywords: motivational workshops, social cognitive theory, physical activity.
  - 610 studies were found (1 CINAHL, 601 ProQuest, 1 Medline and 7 Medline Science).
- Keywords: motivational workshops, social cognitive theory, physical activity and restricting by English.
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