



## **Karin Weman**

Sektionen för Hälsa och Samhälle

**Research environment:** Centrum för forskning om Välfärd, Hälsa och Idrott

**Research school:** Psykologiska Institutionen, Göteborgs Universitet

**Supervisors:** Boo Johansson Prof., Psykologi & Magnus Lindwall, docent Psykologi (bihandledare)

HT 2011

**Title:** Theory-based intervention for exercise promotion using Self-Determination Theory

Adherence is a prominent challenge in exercise promotion and is mainly influenced by motivation. Hence, it is essential to examine individuals' motivation to exercise and physical activity and how this can be related to psychological needs and exercise behavior. Such knowledge could constitute a foundation for creating efficient interventions, e.g. in Physical activity on Prescription (PaP<sup>®</sup>), in school, sport and exercise settings etc. The thesis contains three cohesive studies aiming to:

- Validate Swedish translations of quantitative Self-Determination based instruments
- Examine associations in motivational profile, need satisfaction and exercise behavior in middle aged exercisers
- Examine behavioral effects of a person centered exercise intervention in patients with mild Cognitive Impairment (MCI)
- Develop, implement and test a theory-based digital intervention testing interactive tools aiming to support exercise adherence.

In summary, the intention of the research project is to increase knowledge of the psychological processes behind exercise adherence, develop theory-based digital tools in

order to facilitate exercise adherence and increase initiation and adherence to healthy exercise behavior.

**Funding:** Centrum för personcentrerad vård, Göteborgs Universitet (GPCC)

**Contact:** [karin.weman@hh.se](mailto:karin.weman@hh.se) tel. 035-167409