Barriers to Being Active in Older Adults: Thoughts on the Transtheoretical Model of Change in Physical Activity

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Transtheoretical Model of Behavior Change

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance

Where on the continuum of readiness for change are people at the point of discharge from rehabilitation?

Are patient perceived barriers to physical activity different based on stage of readiness for change?

Are physical therapists' perceptions of patient barriers different than patient perceived barriers?
Methods

- Recruited 13 physical therapists who practice in outpatient clinics in WI (mostly rural).
- Each PT invited 10 patients to enroll.

Tools
- Demographic information
- Readiness for Change in Physical Activity
- Satisfaction with Life Scale
- Barriers to Being Active Quiz

Analysis
- General descriptive statistics
- ANOVA evaluating group differences in BBAQ by Stage of Change
- Paired t-test comparing patient perceptions with the PT perceptions


<table>
<thead>
<tr>
<th>Indicitor</th>
<th>Patients only (n=79)</th>
<th>PT-Patient Comparison Sample (n=66)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>73.9 (±8.0)</td>
<td>74.9 (±7.1)</td>
</tr>
<tr>
<td>Sex (percent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>49.4</td>
<td>45.5</td>
</tr>
<tr>
<td>Female</td>
<td>40.5</td>
<td>45.5</td>
</tr>
<tr>
<td>Living Environment (percent)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home</td>
<td>91.1</td>
<td>93.9</td>
</tr>
<tr>
<td>Apartment</td>
<td>7.6</td>
<td>4.5</td>
</tr>
<tr>
<td>Assisted Living</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other</td>
<td>1.3</td>
<td>1.5</td>
</tr>
<tr>
<td>Lives Alone (percent yes)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12.7</td>
<td>12.2</td>
<td></td>
</tr>
<tr>
<td>Works Outside the Home (percent yes)</td>
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<td></td>
</tr>
<tr>
<td>89.9</td>
<td>88.9</td>
<td></td>
</tr>
</tbody>
</table>

Satisfaction With Life Scale

- Very Highly satisfied: 39.2 vs 39.4
- Highly satisfied: 40.5 vs 37.9
- Average satisfaction: 5.1 vs 6.1
- Slightly below average: 2.5 vs 1.5
- Dissatisfied: 7.6 vs 7.6
- Extremely dissatisfied: 3.8 vs 4.5

Readiness for Change in Physical Activity

- Pre-contemplation: 46.8 vs 48.5
- Contemplation: 21.5 vs 24.2
- Preparation: 19.0 vs 13.6
- Action: 3.8 vs 4.5
- Maintenance: 7.6 vs 6.1

The PT-Patient comparison sample is a subset of the overall sample and represents those patients for whom therapists also submitted packets.

Missing data may result in total percents in any category being below 100%.
Lack of Time
Social Influence
Lack of Energy
Lack of Skill
Fear of Injury
Lack of Willpower
Lack of Resources

Sum of Rankings

Physical Therapist
Patient

*p=.008
*p=.001

Barriers to Being Active

- Lack of Resources
- Lack of Skill
- Fear of Injury
- Lack of Willpower
- Lack of Energy
- Social Influence
- Lack of Time

Percent of respondents ranking the barrier greater than five (5)

1. The test statistic is adjusted for ties.

Lack of Willpower/Motivation

Lack of Time
Fear of Injury

Lack of Knowledge

1. The test statistic is adjusted for ties.