



Advancing physical activity knowledge and participation
among Canadians living with spinal cord injury.

What types of information do people with SCI want to motivate more exercise?

Purpose

To determine what types of information people with SCI want in Canada's Physical Activity Guide for Adults with SCI (CPAG-SCI) to motivate exercise.

Summary

- Participants desired exercise information, ways to get motivated, safety tips sources of support, and tips for monitoring exercise.
- CPAG-SCI was preferred as a booklet or interactive website, including text with pictures, photographs, bright colours, simple messages, and a calendar pull-out.

Possible Applications

- People with SCI should ask for the exercise information they think would help them begin, and stick to, regular exercise.
- It is suggested that these findings be taken into account when designing CPAG-SCI.

Research Abstract

SCI Active Living Guide: Development of a physical activity guide for people with spinal cord injury: Assessing the community's needs

Regular physical activity for people with SCI has been related to numerous benefits, but a recent study found that half of this population remains inactive. The SCI community has shown the desire for useful and accessible physical activity information. It has been suggested that Canada's Physical Activity Guide for Adults Living with SCI (CPAG-SCI) be created. As a phase of a SCI Action Canada initiative, the purpose of this study was to determine what people with SCI want, and would find most useful, in CPAG-SCI and why. Seventy-eight adults with SCI completed either an online or paper-based survey, choosing preferred content items and formatting options. Items were compiled based on the current Canada's Physical Activity Guide, social-cognitive theories and focus-group feedback. The majority of items listed were preferred by at least 85% of the sample, with the least preferred item preferred by 67%. Participants indicated that physical activity knowledge, motivational information, safety and health information, sources of information and social support, and self-regulation information were desired. CPAG-SCI as a booklet or interactive website was preferred (both 43.6%), as well as text with pictures (83.3%), photographs (57.7%), bright colours (48.7%), simple messages (61.5%), and a calendar pull-out (70.5%). These results should be used in creating CPAG-SCI with the goal of tailoring the guide to the specialized needs of the SCI population, in order to successfully encourage physical activity participation.

Foulon, B. L., Martin Ginis, K. A., & LeMay V. (in preparation). Development of a physical activity guide for people with spinal cord injury: Assessing the community's needs.