

Behavioral Intervention to promote Physical Activity in University members in Colombia: Proof of Concept

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Introduction

- Levels of Physical Activity (PA) remain low in university members due to their responsibilities and routines.
- Brief interventions (BI) and contests are recommended to promote PA, but there is a lack of evidence to implement these interventions in Colombia.

Aim: To design a proof of concept of a behavioral intervention to promote PA in University members according to the Behavioral Change Wheel.

Method

Techniques (BCTs) and intervention functions were selected through a conceptualization using mixed instruments, a co-creation workshop with stakeholders and a literature review based on the COM-B model.

Conclusions

- This intervention has the potential to promote PA in this population, as long as physicians and trainers adhere to the protocol.
- Contests might promote PA, but it is not a feasible strategy to maintain.
- Further research is suggested to improve training and understand which components had a major effect.

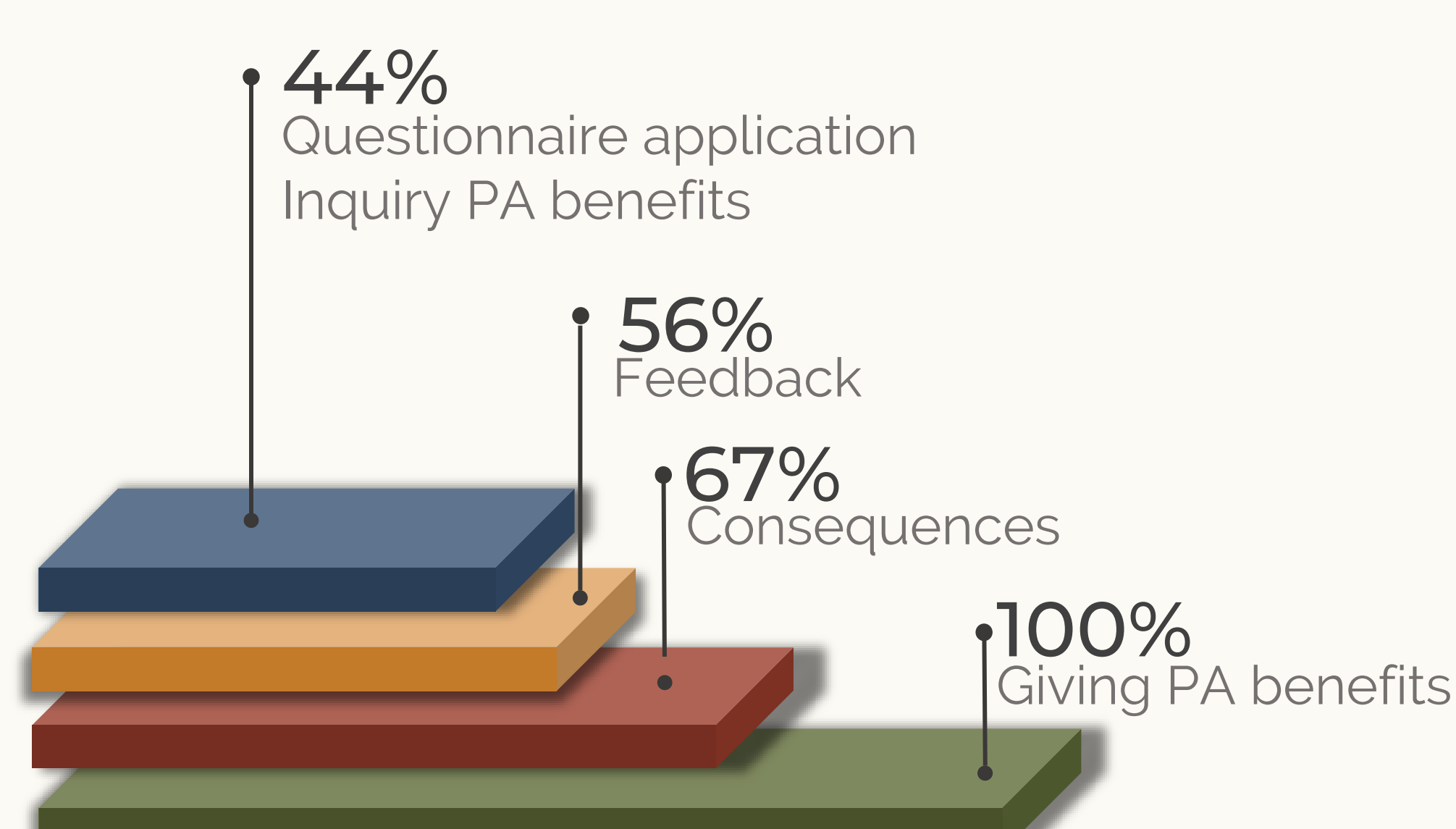
An intervention in University members including **feedback, instructions** about the behaviour, and **information regarding health** consequences might be effective to promote PA. Brief interventions and contests could be effective strategies, but fidelity and implementation need to be reviewed.

Sociodemographics

Variable	n (%)
Sex	
Female	25 (61)
Male	15 (37)
Age range (years)	
17-24	26 (63)
25-32	8 (20)
33-42	5 (12)
>42	2 (5)
Occupation	
Student	29 (71)
Employee	12 (29)
Intervention Level	
Brief Intervention	33 (80)
Contest	6 (15)
IB + Contest	2 (5)

Fidelity

n = 3 physicians; 9 trainers



PA levels in Brief Intervention participants

- n = 33
- 24 with follow-up
- Reduction in sitting time and moderate PA.
- Increase in vigorous PA

	T1 ME (IQR)	T2 ME (IQR)	Wilconxon	p
Vigorous PA*	2 (4)	3 (4)	0.064	0.94
Moderate PA*	3 (3)	2 (1.5)	-0.01	0.31
Walking*	4 (4.5)	4 (3)	0.02	0.98
Sitting time+	8 (2)	6 (4.8)	-1.20	0.22

*Days at week, +Hours at day, ME: Median, IQR: interquartile range

Pa levels in Contest participants

- n = 9
- 8 with follow-up
- Increase in all forms of PA, specially walking

	T1 ME (IQR)	T2 ME (IQR)	Wilconxon	p
Vigorous PA*	2.5 (5)	3.5 (5)	0.72	0.78
Moderate PA*	2 (4)	3 (6)	0.00	1
Walking*	4 (4)	6 (2)	1.60	0.10

*Days at week, +Hours at day, ME: Median, IQR: interquartile range