

## CAHE JC Critically Appraised Article Summary

### Journal Club Details

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|------------------------------|----------------------|
| <b>Date of submission</b>    | December 2008        |
| <b>Journal Club location</b> | Masonic Homes        |
| <b>JC Facilitator</b>        | Stacey Watson        |
| <b>JC Discipline/s</b>       | Occupational Therapy |

### Clinical Scenario

Do health-promotion groups targeted at community dwelling people improve quality of life compared to social-only/nil groups?

### Review Question/PICO/PACO

|          |                                   |
|----------|-----------------------------------|
| <b>P</b> | Community living people           |
| <b>I</b> | Health/Lifestyle promotion groups |
| <b>C</b> | Nil groups/ Social only group     |
| <b>O</b> | Quality of Life                   |

### Article/Paper

Grossman MD, Stewart AL. "You aren't going to get better by just sitting around": Physical activity perceptions, motivations, and barriers in adults 75 years of age or older. *The American Journal of Geriatric Cardiology* 2003; 12(1): 33-37.

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|------------------------------|----------------------|
| <b>Article Methodology:</b>  | Qualitative Research |
| <b>Returned JC on:</b>       | 15 December 2008     |
| <b>By CAHE staff member:</b> | Lucylynn Lizarondo   |

| Ques No. | Yes | Can't Tell | No | Comments  |
|----------|-----|------------|----|---|
| 1        | ✓   |            |    | The aim of the study was to explore adults' (Aged 75 years and older) perceptions of physical activity, their motivations and barriers to participation. The results of the study could be a guide in the development of practical and appealing physical interventions for this age group.   |
| 2        | ✓   |            |    | The qualitative approach is appropriate as the aim of the study is to gain insight into people's perceptions and motivations regarding physical activity.<br>Is it worth continuing? YES  |
| 3        |     | ✓          |    | The research design as well as the specific method used, which was interview, was appropriate to address the objectives of the study. Interviews are particularly useful for getting a story behind people's experiences. The authors, however, did not explicitly state why they chose that approach.  |
| 4        | ✓   |            |    | The authors have explained how the participants were selected. It was stated that only those who volunteered in the study were included. The participants were recruited from the wait list control group of an intervention study, where the sample consisted of sedentary or underactive older people, which are also the participants of interest for this study.  |
| 5        | ✓   |            |    | Data were collected using interview, which consisted of 15 open-ended questions grouped into three areas namely, physical activity perceptions, motivations and supports and barriers to physical activity. Interviews were audio taped and transcribed for analysis.   |
| 6        |     |            | ✓  | In qualitative studies, the researcher's beliefs and values may be reflected in the choice of methodology as well as interpretation of results. More often than not, the personal beliefs and views about a topic – either in support of or against one side of the argument, seem to guide the development of the discussion. One's historical position, social status, race, gender, religion, education background, profession, etc. can interact and influence, limit and constrain production of knowledge. Therefore it is important for the researcher to always critically examine their own role and potential bias and how these could have possibly affected every step in the research process. |
| 7        | ✓   |            |    | Informed consent and issues related to confidentiality were discussed over the phone to individuals who expressed willingness to participate in the study.  |
| 8        | ✓   |            |    | The process of data analysis involved the standard coding, categorising, indexing and integration techniques. Participants' words and phrases were coded and grouped into themes. The qualitative data analysis program NUD*IST assisted in the analysis of transcribed interviews.   |



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| Ques No. | Yes | Can't Tell | No | Comments   |
|----------|-----|------------|----|--|
| 9        | ✓   |            |    | The results of the study have been reported clearly and explicitly in relation to the research question. Categories under each theme were supported by quotes or statements made by the participants.  |
| 10       |     |            |    | As recognised by the authors, the small number of participants does not represent the group of older, sedentary individuals and as such, results can only be used to generate hypotheses. Despite limitations in the methodological quality of this paper, results have provided insights into how physical activity counselling and implementation could be approached with older adults. Issues related to the motivation and identified barriers should be addressed to increase the likelihood of older individuals participating in physical activity programs. |