

Behavioral and Social Approaches to Increase Physical Activity: College-Based Physical Education and Health Education

Summary Evidence Table

Study	Intervention and comparison	Population	Effect measure	Value used in summary	FU time																											
<p>Author (Year): Sallis JF, 1999</p> <p>Design Suitability: Greatest</p> <p>Study Design: randomized control trial</p> <p>Quality of Execution: Good</p> <p>Setting: University campus</p> <p>Project GRAD</p>	<p>Location: on campus at an Urban Southern CA university</p> <p>Components: U course B lecture/knowledge section 11 wks/50 mins; lab section 1x/wk 110 mins B 15 PA, 25 behavior, 45 PA; term papers anticipating lifestyles, barriers to PA, behavioral plans to overcome barriers;</p> <p>Comparison: Knowledge-oriented course on variety of health topics (2 hrs/week for 15 weeks)</p>	<p>576 volunteers; Allocation: I = 338, C = 238; Analyzed: I = 321, C = 168</p>	<p>net % Δ from baseline, intervention group - control</p> <p>Δ1: Active at baseline</p> <p>Δ2: Inactive at baseline</p>	<table border="1"> <thead> <tr> <th>Outcome</th> <th>Δ1</th> <th>Δ2</th> </tr> </thead> <tbody> <tr> <td colspan="3"><i>Women</i></td> </tr> <tr> <td>* Leisure-time EE (kcal/kg/wk)</td> <td>3.4%</td> <td>2.0%</td> </tr> <tr> <td>VPA</td> <td>-17.4%</td> <td>0.0%</td> </tr> <tr> <td>Mod PA</td> <td>25.8%</td> <td>17.0%^H</td> </tr> <tr> <td colspan="3">Strength exercise (min/week)</td> </tr> <tr> <td></td> <td>120.9%</td> <td>190.9%^H</td> </tr> <tr> <td colspan="3">Flex Exer (min/wk)</td> </tr> <tr> <td></td> <td>75.0%</td> <td>191.7%</td> </tr> </tbody> </table> <p>*p = 0.05, I * Activity * Time; H p = 0.001, I * Time Stages of change changed in intervention women C χ^2 28.34, p < 0.001, less contemplation, more action and maintenance. No intervention effects for men</p>	Outcome	Δ1	Δ2	<i>Women</i>			* Leisure-time EE (kcal/kg/wk)	3.4%	2.0%	VPA	-17.4%	0.0%	Mod PA	25.8%	17.0% ^H	Strength exercise (min/week)				120.9%	190.9% ^H	Flex Exer (min/wk)				75.0%	191.7%	15 weeks
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<p>Author (Year): Epstein LH, 1980</p> <p>Design Suitability: Greatest</p> <p>Study Design: Non-randomized group trial</p> <p>Quality of Execution: Fair</p> <p>Setting: University campus</p>	<p>Location: Auburn University</p> <p>Components: 5days/wk, warm-up, stretching, run together, cool-down</p> <p>Comparison: 3 contract groups (deposited \$5.00 - got 1 back each week attended 4-5 sessions), 1 lottery group (deposited \$3.00; attend 4-5 session and name put in lottery for prize), and a control group</p>	<p>Contract 1 = 8; contract 2 = 9; contract 3 = 5; lottery = 7; and control = 8</p> <p>college females</p>	<p>net % from baseline intervention group - control</p>	<p>12 min test (miles)</p> <table border="1"> <thead> <tr> <th><u>Group</u></th> <th><u>change</u></th> </tr> </thead> <tbody> <tr> <td>contract 1 vs control</td> <td>22.11%</td> </tr> <tr> <td>contract 2 vs control</td> <td>9.28%</td> </tr> <tr> <td>contract 3 vs control</td> <td>9.28%</td> </tr> <tr> <td>lottery vs control</td> <td>1.49%</td> </tr> </tbody> </table> <p>NOTE: 3 contract groups and lottery group were equivalent. $p < 0.05$ for all groups vs the control group.</p>	<u>Group</u>	<u>change</u>	contract 1 vs control	22.11%	contract 2 vs control	9.28%	contract 3 vs control	9.28%	lottery vs control	1.49%	<p>5 weeks</p>
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