

Aberystwyth University

Ceredigion Exercise for Life Scheme: An Evaluation

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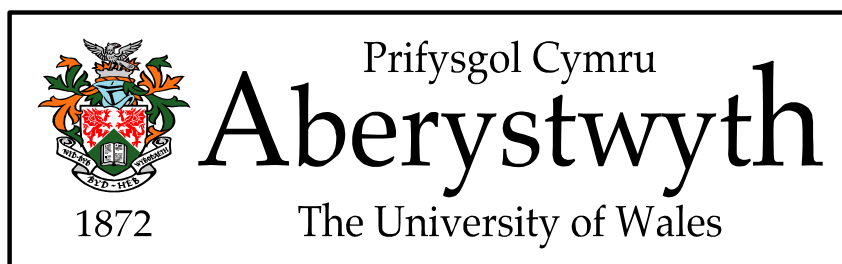


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Ceredigion Exercise for Life Scheme: An Evaluation

Final report March 2007



Executive Summary

Introduction

In 2004 a Big Lottery Fund award of £292,713 enabled the development of the Ceredigion Exercise for Life Scheme that introduced a new GP referral scheme into leisure centres across Ceredigion.

The Exercise for life scheme is a partnership between Ceredigion County Council, Ceredigion Health Alliance, Ceredigion Public Health Team, Ceredigion and Mid-Wales NHS Trust and the University of Wales Aberystwyth. The Scheme is community-based and run at Council-owned leisure centres in Aberystwyth, Aberaeron, Cardigan, Lampeter, Llandysul and Tregaron.

The Scheme is aimed at those whose GP has assessed that they would benefit from increased activity levels. This includes those with a family history of heart disease, hypertension, obesity, stress, smoking habit, asthma, arthritis, osteoporosis, anxiety and depression to name a few. The Scheme is deliberately community-based, utilising leisure centres throughout the County in an aim to make the service accessible to all residents of Ceredigion.

Staffing

The Scheme is staffed by two exercise leaders, an administrator and a researcher. The administrator and researcher are shared with the sister scheme Ceredigion Communities Cardiac Rehabilitation Scheme.

The Scheme

Following referral, a consultation is arranged with an Exercise Leader. Participants join a group of 8-10 people and attended supervised exercise classes at their chosen leisure centre for 12 weeks. Each participant is given an individualised exercise programme. The classes are based on gym and circuit sessions, with some additions such as badminton, table tennis and walking. The exercise classes are supplemented by a series of health talks and relaxation sessions.

Attendance is free during the period of supervised classes. On completion, participants are offered a six month maintenance package which includes reduced price entry to the leisure centres and the opportunity to contact Scheme staff to discuss progress and receive advice.

Evaluation of Outcomes

- 653 participants were referred in 30 months. This was a level of demand beyond the capacity of the scheme and 268 (41%) participants had to be put on waiting list.
- 76% of referrals who were offered a place on the scheme started classes indicating attractiveness. 89% of participants who started classes completed treatment, which is high compared to other schemes. Early exit was mainly due to ill health. This ill-health was associated with the participants' condition, not as a result of the scheme where there were no hospitalisations, resuscitations or deaths.

- The main sources of referral were Tanyfron Surgery, Aberaeron; Cardigan Health Centre, Cardigan and Taliesin Court Surgery, Lampeter. However numerous referrals were also received from other county based surgeries.
- The scheme utilised local authority leisure centres throughout the county demonstrating successful partnership work and the local community-base of the programme. Participant evaluation was very strong with around 90%+ reporting high satisfaction with the organisation, the staff, the exercise programme, and their own personal improvement in fitness, health and confidence.
- The structure of the Scheme and the approach of the exercise leaders helped participants improve their feelings of confidence and independence. Social aspects of the approach were also important. These factors were considered important in achieving a high adherence and continuation rate.
- The exercise programme resulted in a significant improvement in health-related quality of life, life satisfaction, self-worth, habitual physical activity, and exercise tolerance along with a significant reduction in anxiety, depression, hip and waist circumference, weight, skin-folds and resting systolic and diastolic blood pressure. There was no significant change in resting heart rate, post exercise heart rate or post exercise blood pressure.
- Six-month follow-up after participants left the scheme showed a sustained impact. Of the follow-up sample of 155, 45% (73% of responders) were still exercising and demonstrated a sustained improvement in anxiety, depression, life satisfaction, self-worth, habitual physical activity, hip circumference, exercise tolerance and post exercise systolic blood pressure. There was no sustained impact on health related quality of life, weight, waist circumference, diastolic blood pressure or heart rate
- The scheme cost £999 per patient in total. Allowing for start-up costs, the continuation running costs of the Scheme are £899 per new patient. It is common to express the benefit of a treatment in terms of the total number of years-worth of added quality of life. The National Institute for Health and Clinical Excellence judges effective treatments as costing less than £20,000 per quality adjusted life year (QALY). For the Ceredigion scheme the cost was £11,900 per quality adjusted life year.

In summary, the scheme:

- Provided a G.P. referral provision where none existed in Ceredigion
- Demonstrated need by recruiting 653 participants in 2½ years
- Identified the importance of a local community-base for exercise provision and an emphasis on patient confidence and independence in achieving high participation and low attrition
- Demonstrated a sustained impact at 6-month follow-up once participants had left the scheme
- Demonstrated significant improvements in physical and psychological health at a cost per patient of £999 leading to an estimated improvement in quality life years at a cost of £11,900 per QALY.

Contents	Page
1 Introduction	
1.1 Background to the scheme	4
1.2 Aims of the scheme	4
1.3 Strategic context	4
1.4 How the scheme works	5
2 Method	
2.1 Metrics and sampling	7
2.2 Process	7
2.3 Outcomes	7
3 Results	
3.1 Demographics	10
3.2 Pre to Post Scheme Change	15
3.2.1 Psychological Outcomes	16
3.2.2 Physiological Outcomes	22
3.3 Sustainability	
3.3.1 Sustainability of activity	24
3.3.2 Sustainability of physical and psychological impact	26
4 Negative Effects	31
5 Evaluation of Process	31
6 Participant Evaluation	32
7 Cost Benefit	34
8 Conclusion	37
References	38
Appendix 1	Borg rate of perceived exertion scale
Appendix 2	Modified Bruce protocol
Appendix 3	Additional research

➤ 1. Introduction

1.1 Background to the Scheme

In 2004 a Big Lottery Fund award of £292,713 allowed the introduction of a new GP referral scheme in leisure centres throughout Ceredigion.

The Exercise for Life Scheme is a partnership between Ceredigion County Council, Ceredigion Health Alliance, Ceredigion Public Health Team, Ceredigion and Mid-Wales NHS Trust and the University of Wales Aberystwyth. The Scheme is community-based and run at Council-owned leisure centres in Aberystwyth, Aberaeron, Cardigan, Lampeter, Llandysul and Tregaron.

The Scheme is aimed at those whose GP has assessed that they would benefit from increased activity levels. This includes those with a family history of heart disease, hypertension, obesity, stress, smoking habit, asthma, arthritis, osteoporosis, anxiety and depression to name a few. The Scheme is deliberately community-based, utilising leisure centres throughout the County in an aim to make the service accessible to all residents of Ceredigion.

The Scheme is staffed by two exercise leaders, an administrator and a researcher. The administrator and researcher are shared with the sister scheme Ceredigion Communities Cardiac Rehabilitation Scheme.

1.2 Aims of the Scheme

- To promote the benefit of an active lifestyle in reducing the incidence of coronary heart disease (CHD);
- To stimulate an increase in physical activity for those at risk of CHD within their community;
- To improve the quality of life of the participants of the scheme.

1.3 The strategic context

A very large body of scientific evidence has accumulated over the last four decades in support of the proposition that regular exercise has positive benefits to human health in the prevention and management over a number of conditions and diseases including coronary heart disease. Regular physical activity is also conducive to mental well-being, weight management, quality of life and the sustainment of independent living. The strength of this evidence is such that internationally many governments have issued policy frameworks to address health problems associated with inactivity.

The Chief Medical Officer's report '*At least five times a week: evidence on the impact of physical activity and its relationship to health*' (Department of Health, 2004) describes the link between physical inactivity and ill health. In Wales the '*Better Health Better Wales*' strategy set out a framework for reducing inequalities in health and improving health and well being in Wales, themes which were developed in '*Well being in Wales*' (2001), '*Wales a Better Country*' (2003), '*Healthy and active lifestyles in Wales: a framework for action*' (2003) and '*Climbing Higher: Sport and recreation in Wales*' (2005). In particular, the

National Service Framework '*Tackling coronary heart disease in Wales: implementing through evidence*' sets out a requirement to establish national and local programmes of physical activity. The appointment by the Government of a "Minister for fitness" in August 2006 demonstrates the political importance of these matters

The National Institute for Health and Clinical Excellence (NICE) is the independent organisation responsible for providing national guidance on promoting good health and preventing and treating ill health. NICE has published guidelines on methods to increase physical activity including brief interventions in primary care (NICE, 2006a) which refers to GP referral schemes. It is also finalising its report on secondary prevention in primary and secondary care for patients following a myocardial infarction (NICE, 2006b), and is consulting on *Physical Activity and the Environment*, *Promotion of Physical Activity in Children*; and *Workplace Physical Activity*.

Whilst the evidence for the value of exercise per se is strong, there is a less comprehensive body of evidence concerning the most effective approach to exercise schemes¹, hence the significance of this present evaluation.

The evaluation and research arm of the Ceredigion Exercise for Life Scheme was designed to provide a detailed and critical evaluation of the Scheme to fulfil the needs of:

- Metrics: the number of type of participants etc.
- Outcome: changes in participants' health and well-being
- Process: the procedures and structures of the Scheme to allow continuous improvement.

1.4 How the Scheme works

The Scheme is managed by a Management Board which meets quarterly and comprises of user members (one of whom is the Chair), scheme staff, and representatives from Ceredigion County Council, Ceredigion Health Alliance, Ceredigion and Mid-Wales NHS Trust, Ceredigion Local Health Board, Ceredigion Association of Voluntary Organisations, Local Public Health team, University of Wales Aberystwyth, Carmarthenshire NHS Trust.

Day-to-day running is managed by an Operational Team that meets every two months. Financial matters are handled by a Finance Group which meets quarterly. In addition, the Big Lottery Fund requires an annual monitoring report and regular monitoring meeting with a case officer.

Following referral from a GP, a consultation is arranged with a member of the Scheme staff. Participants join a group of 8-10 people and attend supervised

¹ NICE (2006a) from recommendation 5. "..... that there was insufficient evidence to recommend the use of exercise referral schemes to promote physical activity, other than as part of research studies where their effectiveness can be evaluated."

exercise classes at their chosen leisure centre for 12 weeks. Each participant is given an individualised exercise programme. The classes are based on gym and circuit sessions, with some additions such as badminton, table tennis and walking. Participants wear heart rate monitors and are given a target range of 60-75% maximum. All classes begin with a warm-up and stretching and end with a cool-down and stretching. In a typical gym session participants will use a range of equipment such as treadmill, cross-trainer, cycle, or resistance machine (with the emphasis on number of repetitions not load). The circuit classes offer a varied routine of stations. The exercise classes are supplemented by a series of health talks and relaxation sessions.

Attendance is free during the period of supervised classes. On completion, participants are offered a six month maintenance package which includes reduced price entry to the leisure centres and the opportunity to contact Scheme staff to discuss progress and receive advice.

➤ 2. Evaluation methods

2.1 Metrics and sampling

Individual participant records provided data on basic demographics, source of referral, attendance and the like. The data reported in the results (section 3.1) reflects all individuals who were referred.

All participants who began classes were asked to give informed consent and agree to more in-depth monitoring of the “Outcomes” described below. 100% of entrants gave consent (293 individuals).

It was not possible to collect data from those participants who dropped out of the scheme before completing the 12 week programme. The data reported in section 3.2 is therefore derived from all participants who did complete (261). A random sample of 155 completers were followed-up six months later to assess the longer-term impact of the scheme (see section 3.3.1)

2.2 Process

All participants completed an exit evaluation form. Further information was obtained through monitoring of compliments and complaints, and through formal management meetings.

2.3 Outcomes

Psychological Questionnaires

Questionnaires were administered to participants at various time points in the scheme (see schedule of assessments). All questionnaires are standardised and have been found to be reliable and valid measures. The psychological outcomes measured were as follows:

- Health Related Quality of Life (EuroQol and SF-36V2)
- Anxiety and Depression (HADS)
- Life Satisfaction (Satisfaction with Life Scale)
- Physical self-worth (Physical self-perception profile subscale, PSPP)
- Global self-worth (Adult self-perception profile, ASPP)
- Habitual Physical activity (Baecke)

Physiological Outcomes

On entry and exit to the scheme participants were measured for:

- Hip and waist circumference (cm)
- Weight (Kg)
- Skin fold measurements at four sites (mm); biceps, triceps, subscapular and iliac crest according Durnin & Womersley (1974).
- Resting heart rate (bpm)
- Resting blood pressure (mmHg)
- Post exercise heart rate and blood pressure readings.

The post exercise heart rate and blood pressure readings were taken following a treadmill test carried out to 70% of maximum heart rate or a

rating of 14-15 on the Borg rate of perceived exertion scale (see appendix 1). The treadmill test was based upon a modified Bruce protocol (see appendix 2).

Schedule of assessments and questionnaires

The assessments and questionnaires were completed to a carefully worked-out schedule designed to minimise the burden on the participants.

Timing	Details	Method
Referral received		
With letter inviting to initial assessment	Satisfaction with Life Scale SF-36V2	-Both sent and returned by post and self-completed by participant
With letter inviting to first class and fitness test	HADS PSP ASPP EuroQol	-All sent by post and returned by post or by hand to first class -All self-completed by participant
Fitness test (first class or within 4 sessions of starting)	Baecke Physical measurements (as outlined above) Treadmill test (as outlined above)	-Completed by participant with the researcher -Carried out by researcher
With letter of invitation to exit assessment at end of phase 4	Satisfaction with Life Scale SF-36V2	-Both sent and returned by post -Both self-completed by participant
At exit assessment	Baecke Physical measurements (as outlined above) Treadmill test (as outlined above)	-Completed by participant with the researcher -Carried out by researcher
With Thank you letter	HADS PSP ASPP EuroQol	-All sent by post and returned by post -Self-completed by participant
With invitation to participate in 6 month follow-up research	Baecke Activity Questionnaire	-Both sent and returned by post -Both self-completed by participant
With invitation to 6 month follow-up treadmill test	Satisfaction with Life Scale SF-36V2	-Both sent and returned by post -Both self-completed by participant
With thank you letter	HADS PSP ASPP EuroQol	-All sent by post and returned by post -Self-completed by participant

Pre to post data were statistically analysed using a Wilcoxon signed-rank test. Pre, post and 6 month follow-up data were statistically analysed using a Friedman's test.

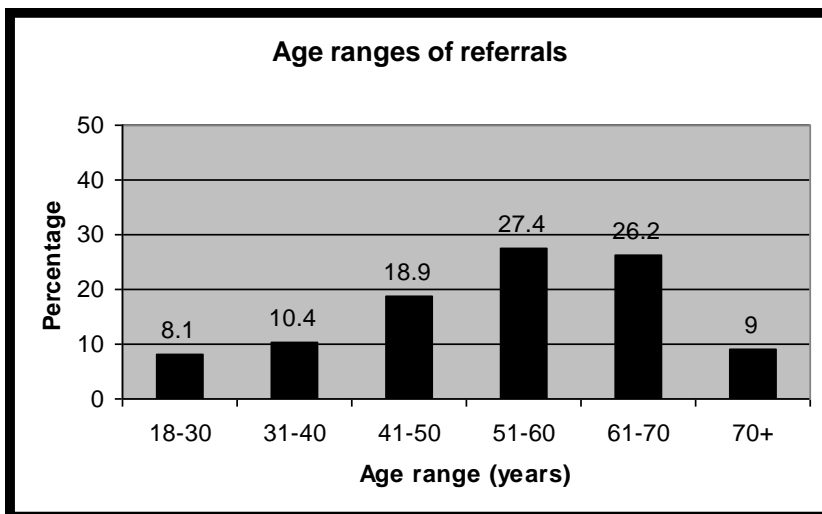
During the entry consultation participants were given the option of taking part in the research aspect of the scheme and if willing were asked to sign informed consent. All participants referred contributed to the demographic information gathered. However, for pre to post scheme changes only those providing consent to the research contributed to the results

➤ 3. Results

3.1 Demographics

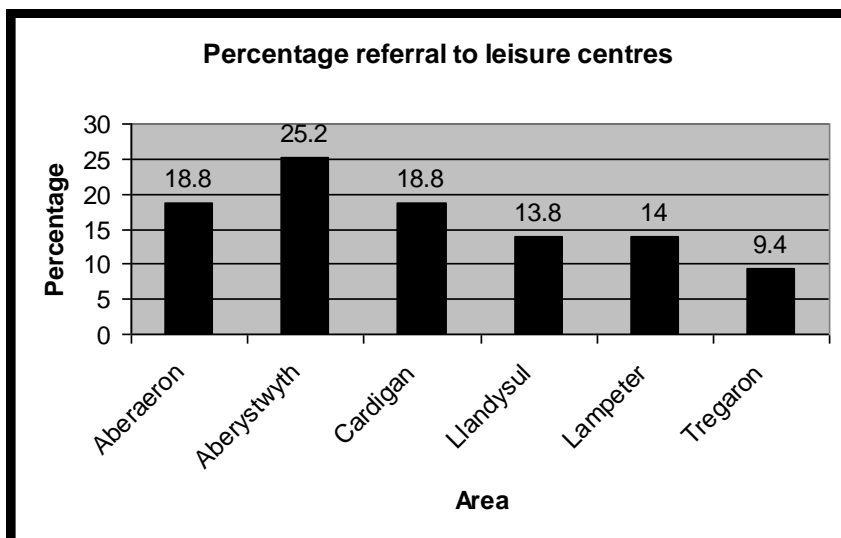
As of December 2004, 653 people have been referred to the scheme. Of these 205 were male and 448 were female. Participants' ages ranged from 18 to 83 years with a mean age of 53.5 years and standard deviation of 14 years. The percentage of people falling into each age category is shown in figure 1. It can be seen that the majority of participants fall between the ages of 51-70 and that referrals are primarily comprised of individuals between the ages of 40 and 70.

Figure 1.



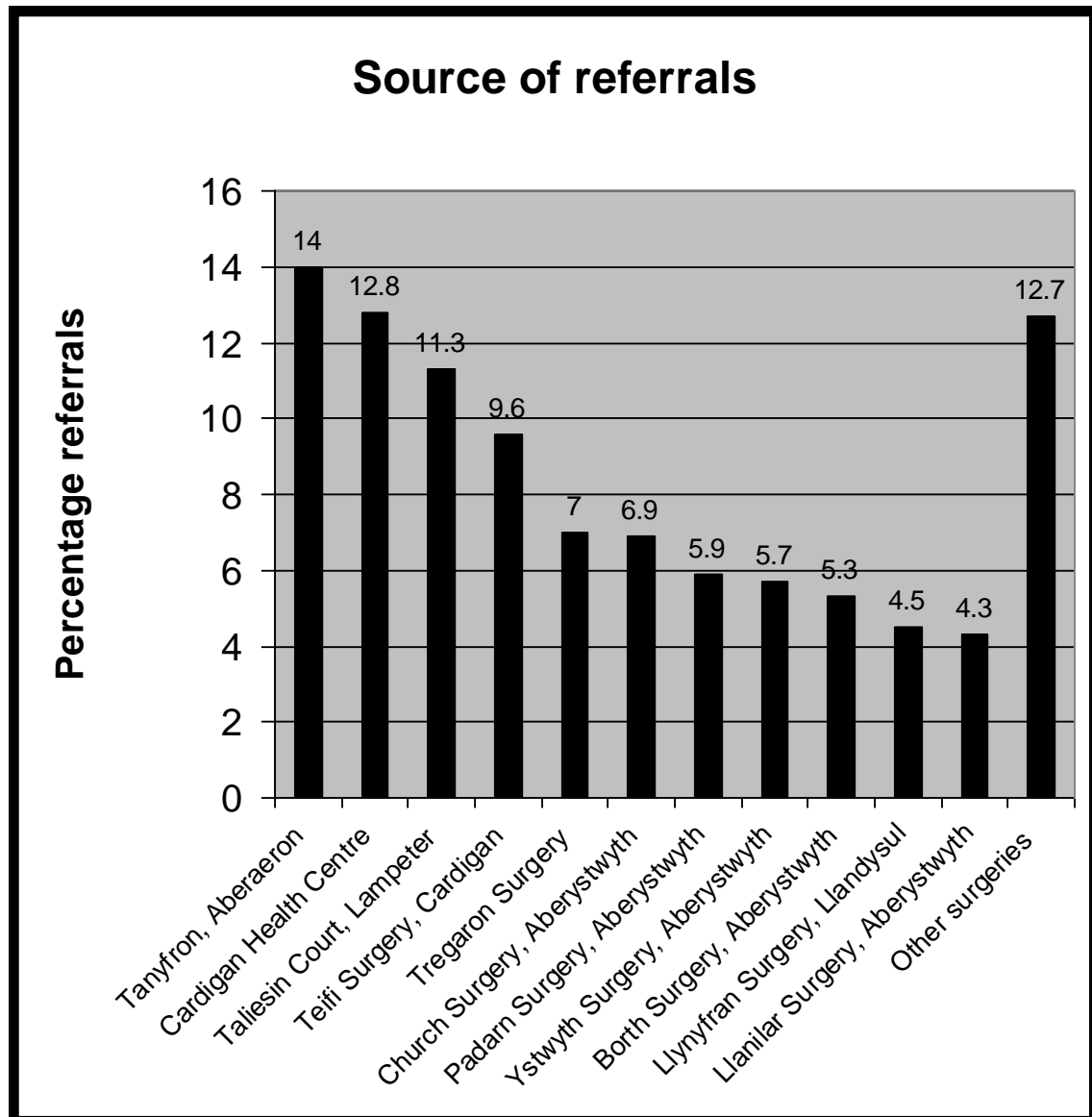
Of those participants referred to the scheme the percentage of referrals to each participating leisure centre is shown in figure 2. It can be seen that Plascrug Leisure Centre, Aberystwyth receives the largest number of referrals, however referrals are otherwise fairly evenly spread throughout the county, with Tregaron Leisure Centre receiving the fewest referrals

Figure 2.



Referral to the schemes must come via the participants' G.P. The percentage referrals by source are indicated in figure 3. It can be seen that Tanyfron Surgery, Aberaeron; Cardigan Health Centre; and Taliesin Court Surgery, Lampeter are the three main referrers. The 'other surgeries' category is comprised of surgeries that refer less than 3% of referrals.

Figure 3.



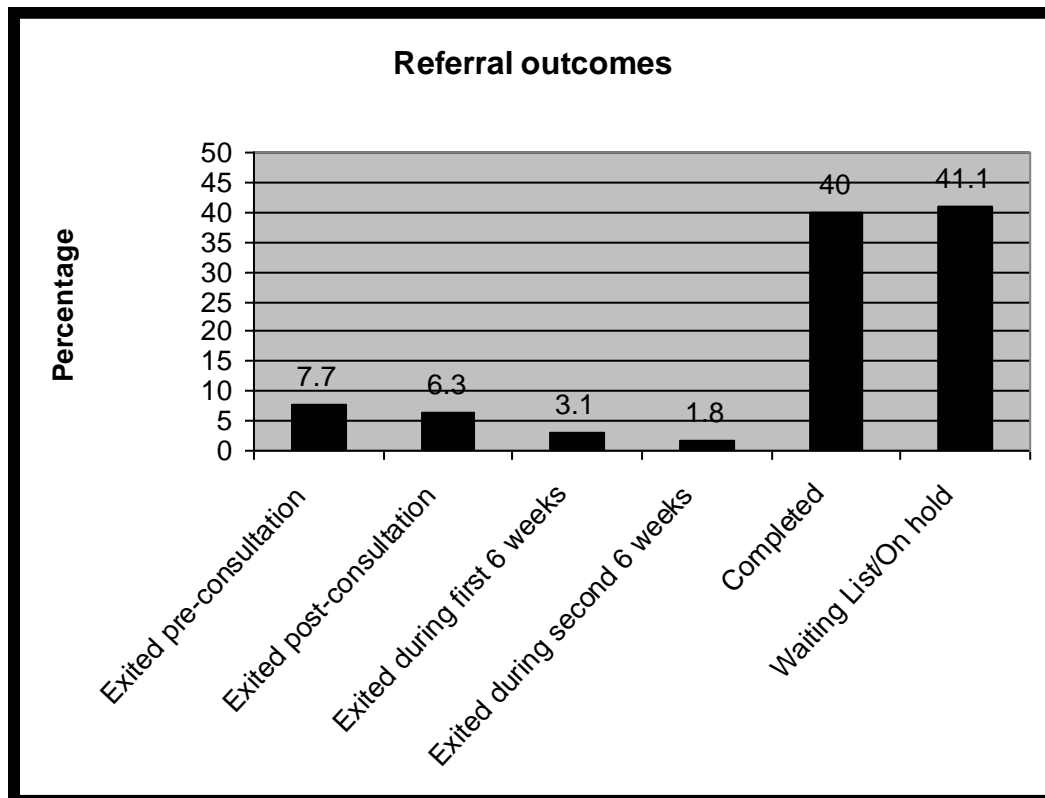
Retention and Attendance

Figure 4 indicates the outcomes of referrals received. Overall, of the 653 people referred, 268 were placed on the waiting list (41.1%) and 385 offered a place on the scheme. 293 subsequently started classes (76% of those offered a place).

Only 14% of referrals received exited the scheme before starting classes. The reasons given by participants for this are indicated in figure 5. However for

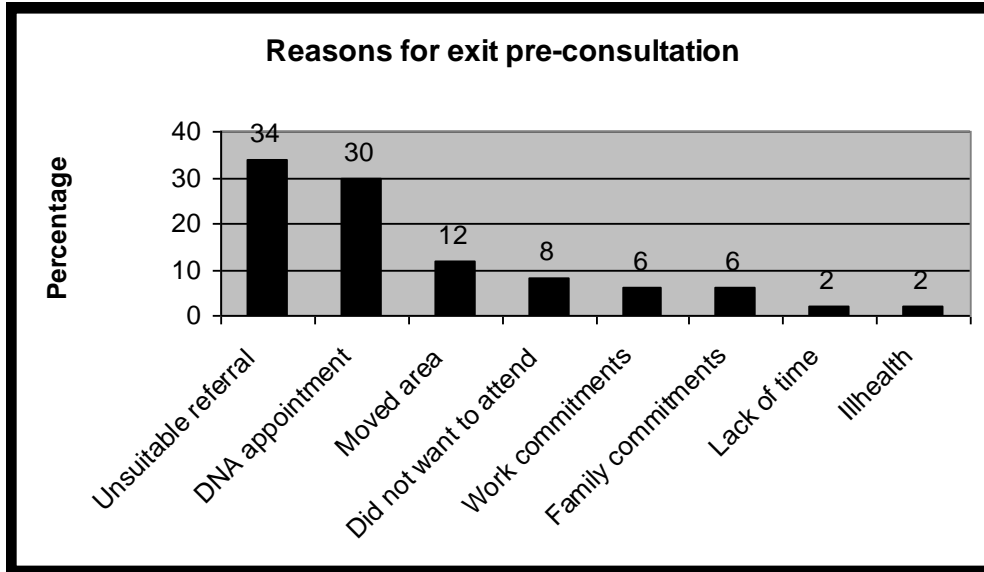
those participants who do start the classes, the completion rate is 89%. This figure is exceptionally high in comparison to previous exercise referral schemes. It can also be seen that the capacity of the scheme was too low for the demand indicated by the high proportion of participants that were referred to the scheme but were unable to be seen. These people will remain on a waiting list to access the scheme in its new format.

Figure 4.



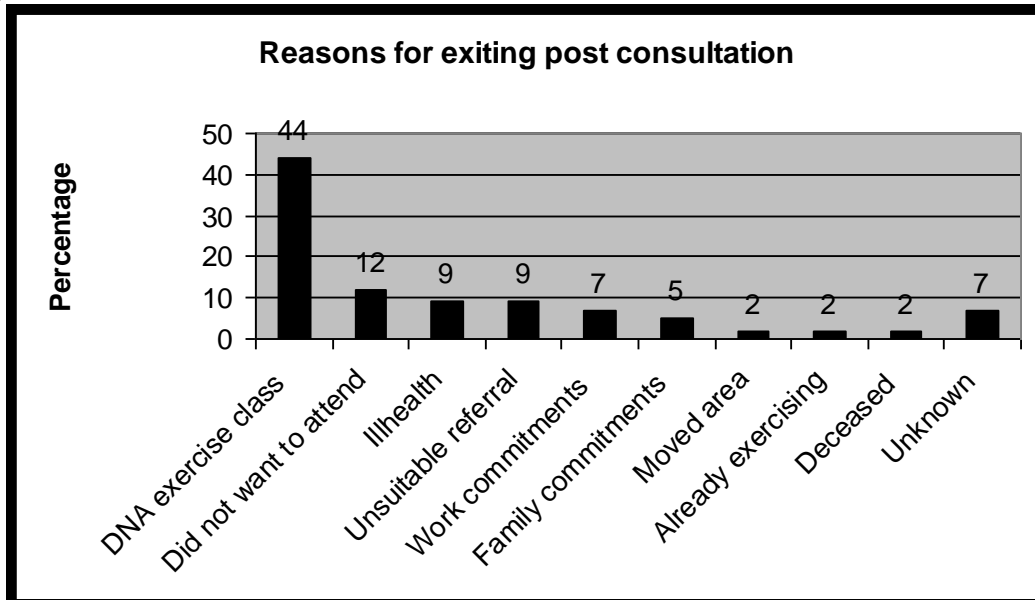
The reasons given by participants for non-retention to the scheme at each time point are shown in figure 5a-d.

Figure 5a



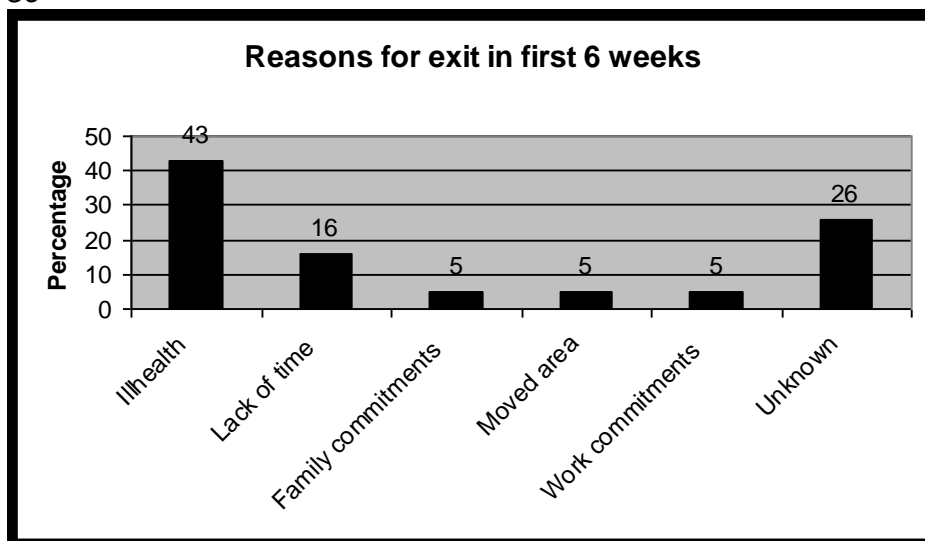
It can be seen that the main reason for individuals exiting the scheme pre consultation is participants being unsuitably referred or not attending their consultation appointment. Following non attendance of an appointment the participant would be sent a letter asking them to contact the office to rearrange the appointment. If no contact with the office was made, the participant was discharged and classed as unretained.

Figure 5b



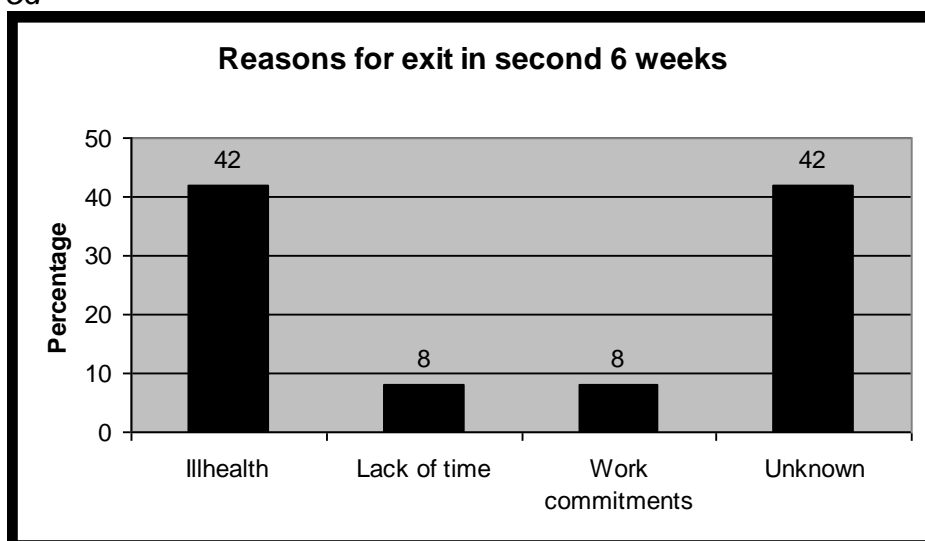
Similarly the main reason for non-retention post consultation was participants not attending the first exercise class and making no contact with the office following a letter to rearrange. This is followed by participants deciding that they did not wish to attend the scheme having received more information during the consultation.

Figure 5c



Of those who are not retained during the first six weeks, 26% did not respond to the drop-out questionnaire and therefore their reasons are unknown. The main reason for non-retention given by responders was ill-health followed by lack of time.

Figure 5d



Of participants exiting during the second six weeks, 42% did not respond to the questionnaire and therefore their reasons for non-retention are unknown. Ill-health was once again reported as the main reason for non-retention at this time point.

The mean attendance of participants, including those who exited part way through the programme, was 81% of classes available to them with a standard deviation of 18%. Of those who completed the scheme in its entirety the mean attendance rate was 83% with a standard deviation of 15%. There was no significant effect for gender, time taken to travel to the leisure centre or the leisure centre attended on attendance rates ($P > 0.05$).

3.2 Pre to post Scheme change

Pre to Post changes were assessed in those individuals who completed the scheme. This totalled 261 individuals. Since all participants agreed to participate in the monitoring, the data represents everyone who completed the scheme.

The table below indicates an overview of the results collected. This is followed by a more detailed breakdown of the results for each measured outcome.

Key:

- ↑ indicates a significant increase
- ↔ indicates no significant difference
- ↓ indicates a significant decrease

The arrows indicate the direction of change of each parameter. For some parameters an increase is a positive change (e.g. quality of life) while for others a decrease is a positive change (e.g. blood pressure) the desired direction of change for improved health is indicated in the right hand column.

Measure		Change pre to post scheme	Desired direction for change for improved health
Health related quality of life	EuroQol EQ-5D	↑	↑
	Self-rated health	↑	↑
	SF-36V2 Physical component summary	↑	↑
	SF-36V2 mental component summary	↑	↑
Anxiety		↓	↓
Depression		↓	↓
Life satisfaction		↑	↑
Physical self-worth		↑	↑
Global self-worth		↑	↑
Habitual physical activity		↑	↑
Hip measurements		↓	↓
Waist measurements		↓	↓
Weight		↓	↓
Skin fold measurements		↓	↓
Resting heart rate		↔	↓
Resting blood pressure		↓	↓
Heart rate post exercise		↔	↓
Blood pressure post exercise		↔	↓
Treadmill test time		↑	↑

3.2.1 Psychological Outcomes

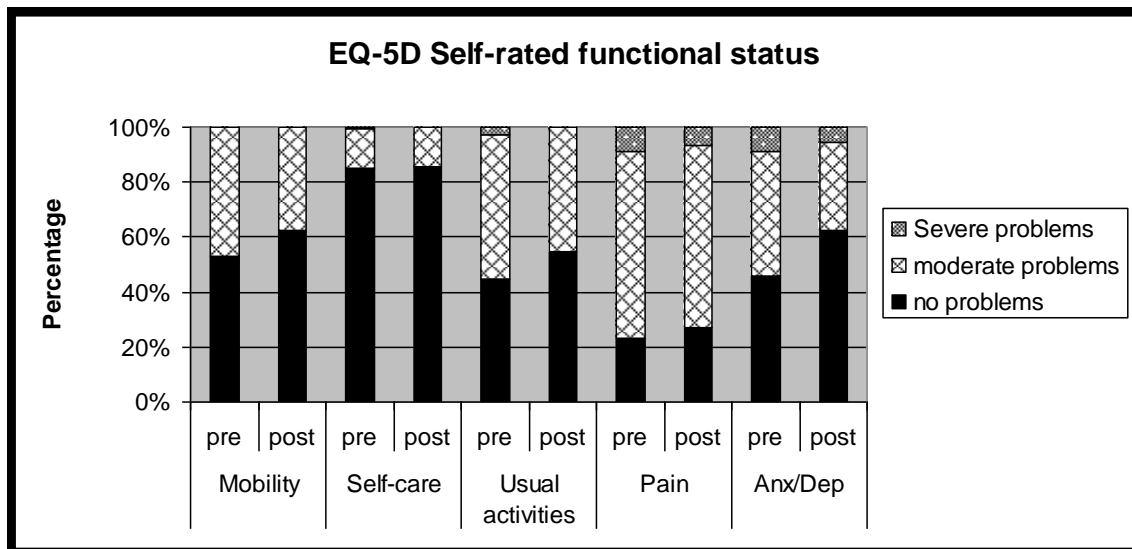
Health related quality of life (HQoL).

Two measures of HQoL were used; the EuroQoL and SF-36V2.

EuroQoL

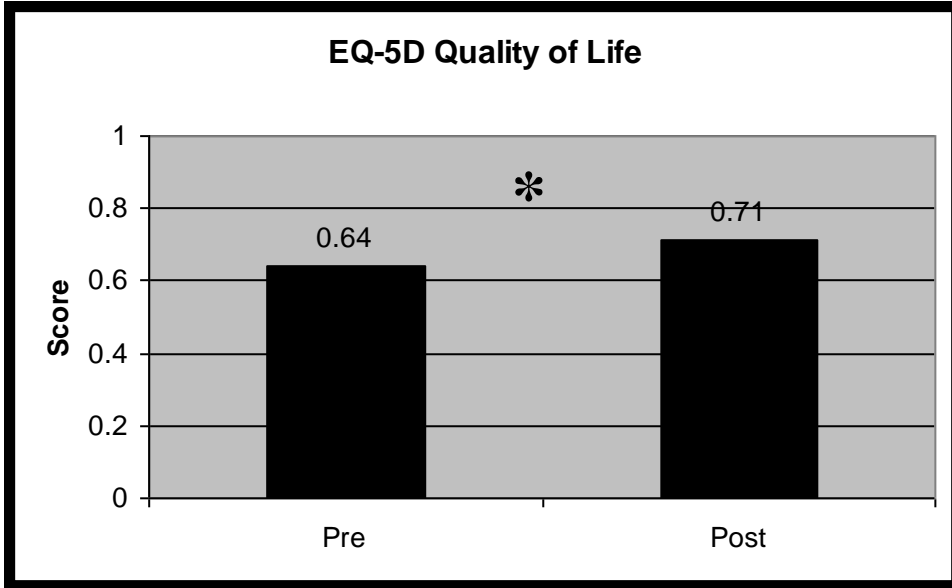
The EuroQoL EQ-5D measures the health status of individuals based on five domains; mobility, self-care, ability to perform usual activities, pain and anxiety and depression. Participants were asked to rate themselves as having no problems, having moderate or having severe problems in these areas. Figure 8 indicates the percentage of participants classing themselves within each functional status pre and post the 12 week scheme. It can be seen that for most domains the percentage of participants in the severe and moderate sections has decreased pre to post scheme while the percentage classing themselves as having no problems has increased pre to post scheme.

Figure 8.



The scores for each domain were combined to give a health status which was weighted to provide an overall score where 1 represents the best possible score. There was a significant difference found in the overall quality of life score with the score being significantly higher post scheme than pre. Figure 9 illustrates the change in overall score for participants from pre to post scheme.

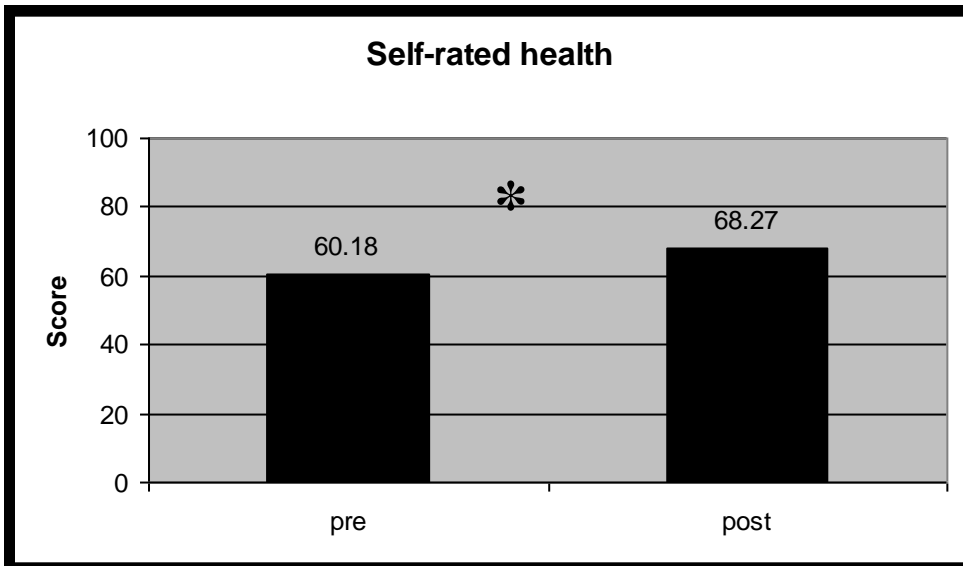
Figure 9



* indicates significant difference

The EuroQol also includes a measure of self-rated health (EQ-VAS). Participants are asked to rate their overall health on a thermometer scale from 0-100 where 100 indicates the best possible health. A significant difference was found in EQ-VAS scores pre to post scheme with participants rating their health significantly better following the scheme. This difference is illustrated in figure 10.

Figure 10



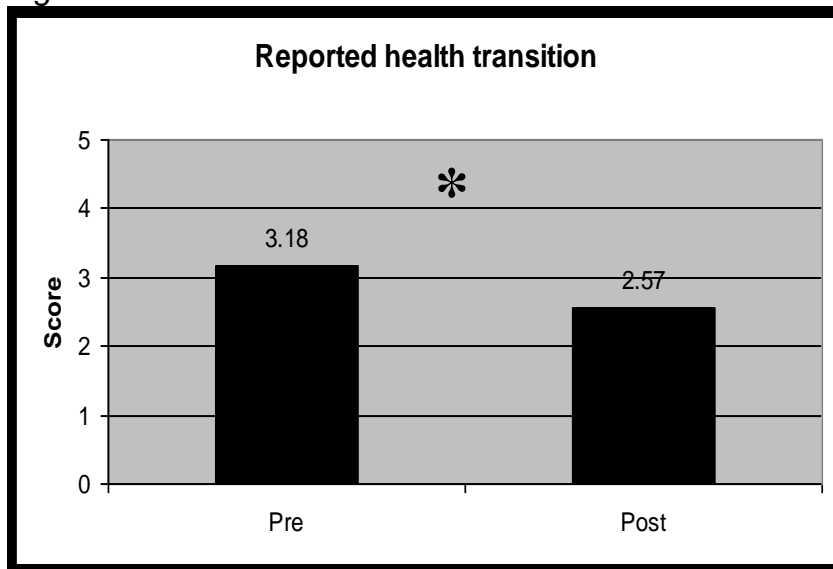
* indicates significant difference

SF-36V2

The SF-36V2 is a 36 item questionnaire providing scores on 8 areas of functioning and well-being. These being physical functioning (10 items), social functioning (2 items), role limitations due to physical problems (4 items), role limitations due to emotional problems (3 items), mental health (5 items), energy/vitality (4 items), pain (2 items) and general health perception (5 items). There is one further unscaled item asking respondents about their 'health change' in the past year (reported health transition). Two standardised summary scores are then calculated; the physical component summary (PCS) and mental component summary (MCS).

A significant difference was found for the 'health change' question whereby the mean score significantly changed from 3.14 to 2.6 indicating a change from 'about the same as one year ago' towards 'somewhat better now than one year ago.' (Figure 11).

Figure 11

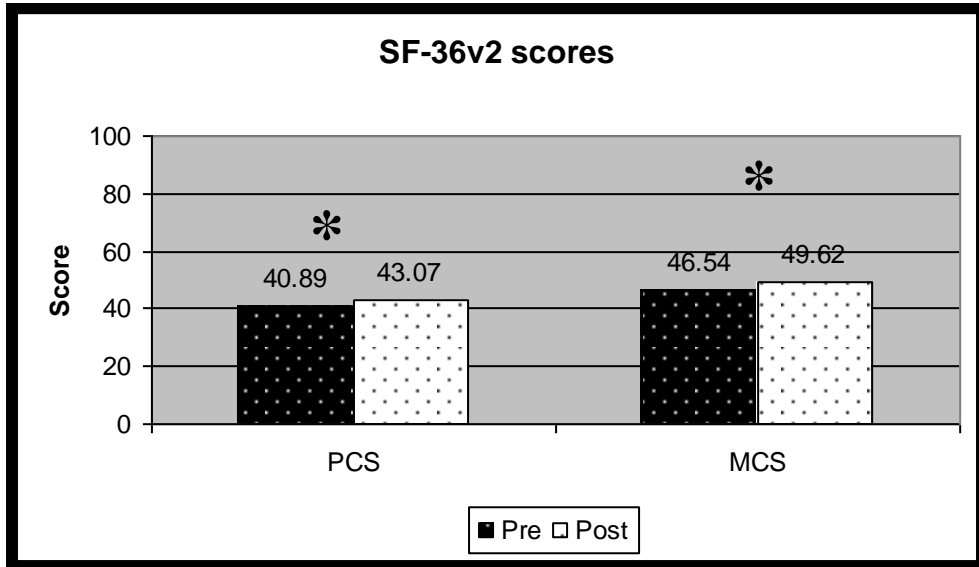


* indicates significant difference

Much worse now than one year ago
Somewhat worse now than one year ago
About the same as one year ago
Somewhat better now than one year ago
Much better now than one year ago

There was also a significant change in the physical and mental component summary scores. Scores significantly increased from pre to post scheme indicating an improved health related quality of life (See figure 12).

Figure 12

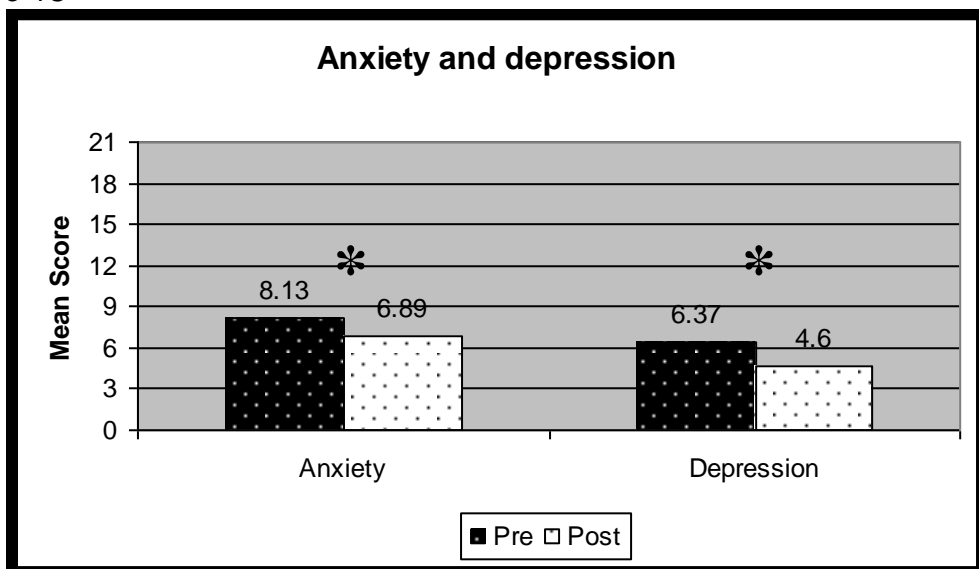


* indicates significant difference

Anxiety and Depression

The Hospital anxiety and depression scale (HADS) was used to measure anxiety and depression levels in participants. The HADS is a 14 item questionnaire which consists of 2 subscales, one measuring anxiety and another measuring depression, which are scored separately. A score of 7 or less for each subscale is indicative of a normal level, scores between 8-10 indicative of mild cases, scores between 11-14 indicative of moderate cases and scores above 15 are indicative of more severe cases. Figure 13 shows the change in anxiety and depression pre to post scheme. A significant decrease was found in anxiety and depression levels pre to post scheme. It should be noted however that this was calculated using the entire research sample. This therefore included people with a normal anxiety and/or depression score prior to starting the scheme.

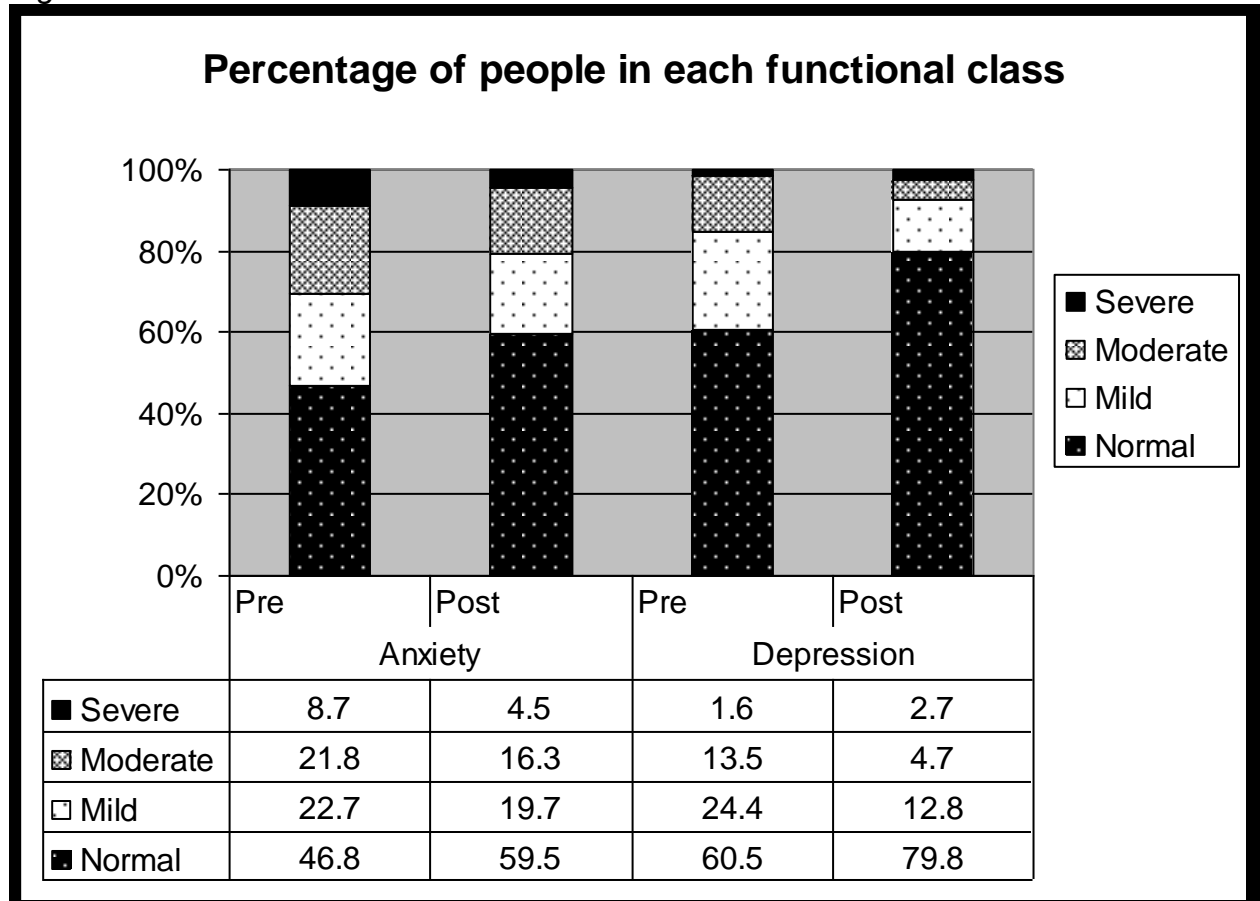
Figure 13



* indicates significant difference

Figure 14 indicates the percentage of people that were classed as having normal, mild, moderate or severe anxiety and depression pre to post scheme. It can be seen that the percentage of people being classed as having anxiety or depression within the normal range increases substantially from pre to post scheme.

Figure 14



Life Satisfaction

The satisfaction with life scale uses 5 items to measure respondents' overall assessment of their lives. Items are scored on a 7 point likert scale where the lowest score of 5 indicates dissatisfaction with life while the top score of 35 indicates full satisfaction with life. A significant increase in life satisfaction score was found from pre to post scheme as shown in figure 15.

Figure 15.

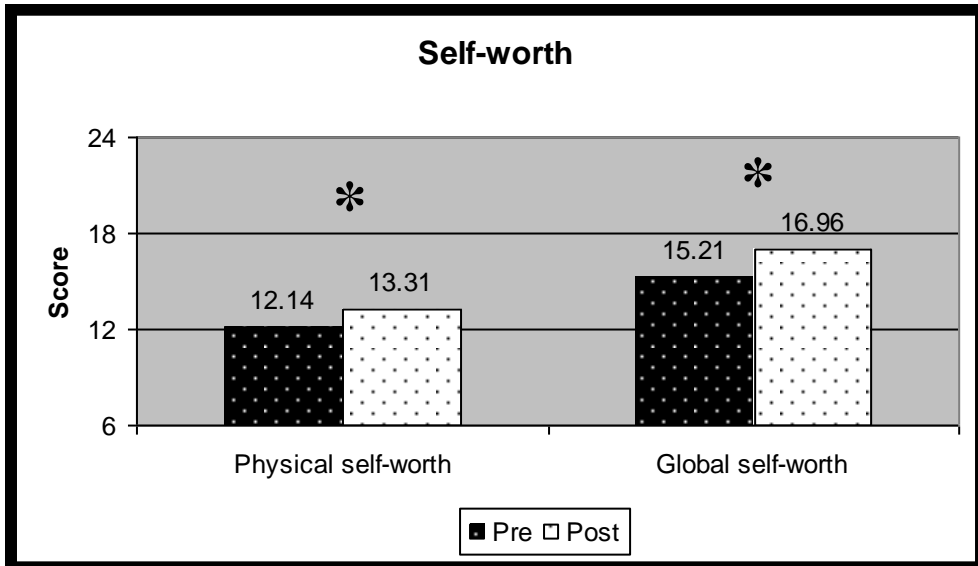


* indicates significant difference

Physical self-worth and global self-worth

This subscale assesses perceptions of an individual's general feelings of happiness, satisfaction, pride, respect and confidence in the physical self and themselves in general. A significant improvement was found for physical and global self-worth (indicated by a decreased score) from pre to post scheme (Figure 16).

Figure 16.



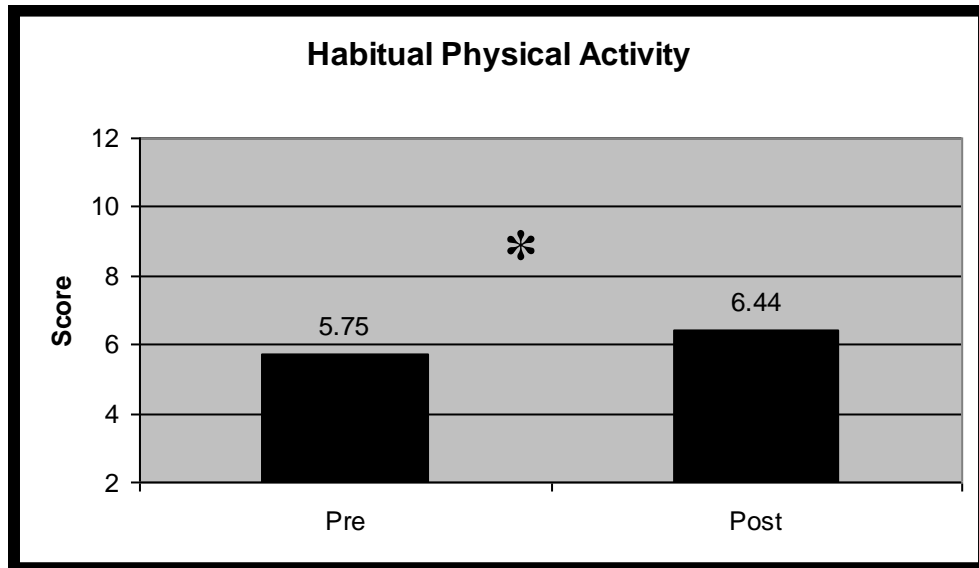
* indicates significant difference

Habitual physical activity

The Baecke questionnaire comprises of 16 items which make up three subscales, namely work, sport and leisure. These are combined to give an overall habitual activity score ranging between 2 and 15 where a higher score indicates higher levels of activity. It should be noted that a large sample of the participants did not work and therefore the maximum score

achievable was 10. This may account for the low mean scores. A significant increase was found for habitual physical activity from pre to post scheme (figure 17)

Figure 17



* indicates significant difference

3.2.2 Physiological Outcomes

A significant difference was found for weight, waist and hip measurements. Weight significantly reduced by 1Kg (pre 91.8Kg; post 90.9Kg), waist circumference significantly reduced by 2.5cm (pre 103.0cm; post 100.4cm) and hip circumference significantly reduced by 1cm (pre 115.8cm; post 114.6cm). The sum of skin fold measurements also significantly reduced from 112.7mm to 105.1mm.

No significant difference was found for resting heart rate however resting systolic and diastolic blood pressure significantly reduced from 142mmHg to 140mmHg and 88mmHg to 86mmHg respectively.. There was no significant difference in blood pressure or heart rate following the fitness test. However fitness levels significantly improved pre to post scheme as indicated by a significantly longer treadmill test. The duration of tests increased from 5.89min to 8.27min before participants reached their target heart rate.

Figure 18 indicates the percentage of participants that stopped at the end of each modified Bruce stage pre and post scheme. It can be seen that the majority of people ended the test having completed stage 0 (3min) pre scheme however following the scheme the majority of people ended the test having completed stage 1 (two stages more, 9min). Substantially fewer people were finishing the treadmill test having completed less than the first 3 minutes (<stage0) or following the first stage (stage 0, 3 min) of the protocol post scheme. Furthermore substantially more people were managing to

complete stages 1 (6 min) and 2 (9 min) of the protocol before the test was ended post scheme with some even reaching the end of stage 3 (15min).

Figure 18

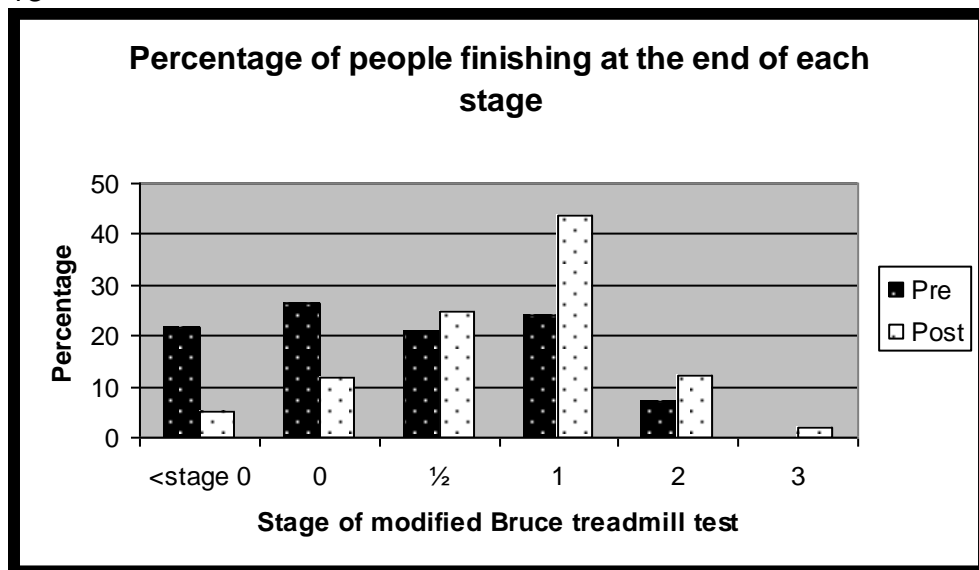
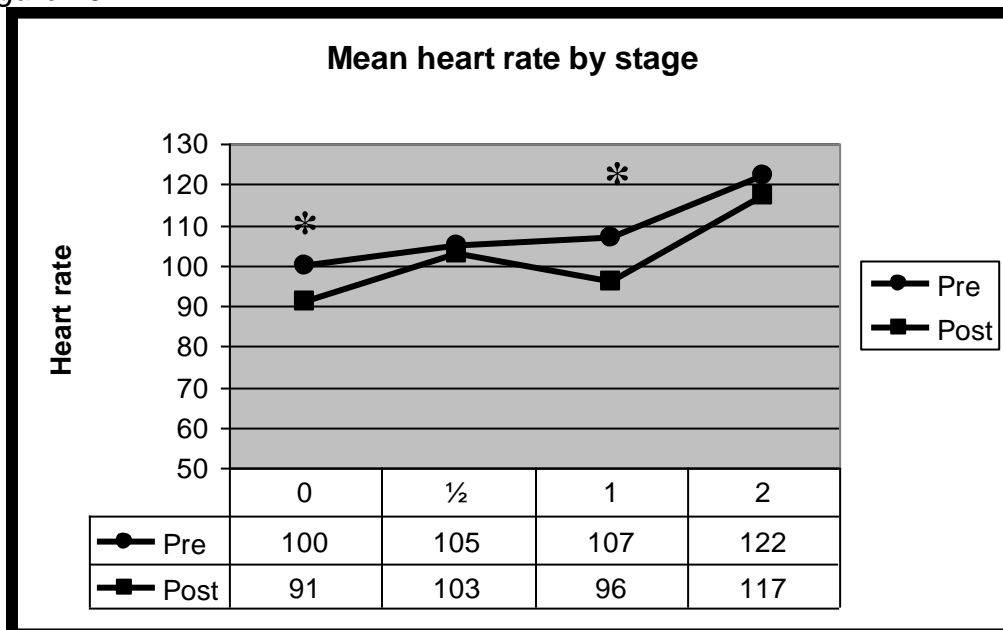


Figure 19 shows the mean heart rate of participants at the end of each modified Bruce three minute stage. The average heart rate at each stage of the test is lower post scheme than pre indicating improved fitness. This reduction is significantly less following stages 0 and 1.

Figure 19.



3.3 Sustainability

3.3.1 Sustainability of activity

155 follow-up letters were sent out to completing participants to establish the longer-term impact i.e. six months after leaving the Scheme. Of these 94 participants replied and follow-up evaluations were completed.

69 participants reported exercising in some form while 25 reported not taking part in any form of exercise.

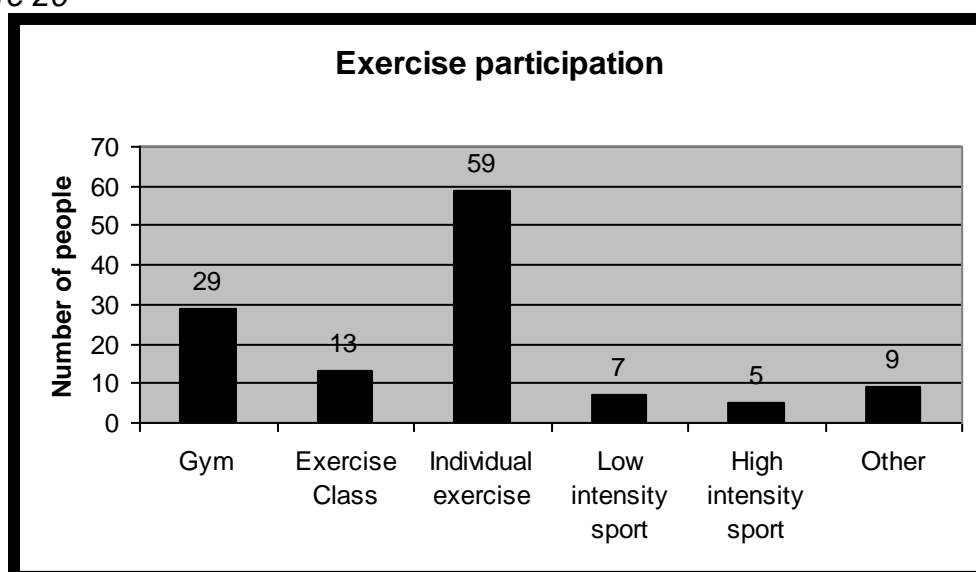
The 69 participants who were still exercising were asked what type of exercise they had been undertaking in the past month. Options included;

- attending a gym or an exercise class
- participating in individual exercise such as walking or swimming
- participating in low intensity sport such as golf or bowls
- participating in a high intensity sport such as badminton or squash.
- A category 'other' was also added. The majority of participants who stated an 'other' specified gardening or housework.

The number of people indicating that they were participating in each category is shown in figure 20. Please note that the total for all activities will exceed the number of participants as people may be participating in more than one activity.

It can be seen that almost all reported exercisers were participating in individual exercise such as walking or swimming at 6 months. Just under 50% of the exercisers were still attending the gym. The activities classed as 'other' by the participants were gardening and housework. However all participants who included the 'other' option also participated in a minimum of one other activity.

Figure 20



The main reasons quoted for continuation of exercise was 'feeling better following exercise' and 'appreciating the benefits of exercise for weight management and health.' Other reasons given were the enjoyment, the

confidence gained and the meeting up with friends that had been made on the scheme.

The 25 participants reporting that they were no longer exercising were asked whether they had exercised at all during the 6 month period. Table 1 indicates how many people exercised for each time scale.

Table 1

Not at all	<1 month	1-3 months	3-5 months	Until recently
10	3	6	4	2

The main reasons given for stopping exercising were ill-health, time commitments and the lack of group support following the scheme. Other reasons given were lacking motivation and the confidence to exercise unsupervised.

When questioned about any changes that they would like to make to the scheme the main changes suggested were;

- regular 'check ups' from the scheme staff following the 12 weeks to check on progress
- maintenance classes
- more support and encouragement from scheme staff to help in the transition from group sessions to individual exercising
- Taster sessions of other activities available in the centre e.g. badminton, yoga etc.

3.3.2 Sustainability of physical and psychological impact: 6 month follow-up.

Table 2 shows an overview of the results collected. This is followed by a more detailed breakdown of the results for each measured outcome.

Table 2

Key:

↑ indicates a significant improvement

↔ indicates no significant difference

↓ indicates a significant deterioration

Measure	Change from pre to post scheme	Change from post scheme to 6 months	Change from pre scheme to 6 months
Health related QoL (EuroQoL)	↔	↔	↔
Self-rated health (EQ-VAS)	↑	↔	↔
Health related QoL- Physical component summary	↑	↔	↔
Health related QoL- Mental component summary	↔	↔	↔
Anxiety	↑	↔	↑
Depression	↑	↔	↑
Life Satisfaction	↑	↔	↑
Physical self-worth	↑	↔	↑
Global self-worth	↑	↔	↑
Habitual physical activity	↑	↔	↑
Hip circumference	↑	↔	↑
Waist circumference	↔	↔	↔
Weight	↔	↔	↔
Sum of skin folds	↔	↔	↔
Resting heart rate	↔	↔	↔
Resting blood pressure	↔	↔	↔
Heart rate post exercise	↔	↔	↔
Systolic blood pressure post exercise	↔	↑	↑
Diastolic blood pressure post exercise	↔	↔	↔
Fitness test duration	↑	↔	↑

Psychological outcomes

No significant difference was found across the three time scales for;

- Health related quality of life using the EuroQoL

- Health related quality of life using the mental component summary of the SF-36V2

Self-rated health

A significant improvement was found for self-rated health (EQ-VAS) from pre (62.88) to post (70.37) scheme. There was no significant difference between pre scheme and 6 months (68.42) or post scheme and 6 months. Although statistically this indicates that the improvements gained during the scheme were not sustained at 6 month follow-up this may be a result of low statistical power due to the limited participant numbers at the 6 month point. The trend of the data is for the self-rated score at 6 months to remain improved.

Health related quality of life using the physical component summary (PCS) of the SF-36V2

A significant improvement was found for the PCS (SF-36V2) from pre (39.86) to post (43.93) scheme. There was no significant difference between pre scheme and 6 months (41.76) or post scheme and 6 months. Although statistically this indicates that the improvements gained during the scheme were not sustained at 6 month follow-up this may be a result of low statistical power due to the limited participant numbers at the 6 month point. The trend of the data is for the life satisfaction score at 6 months to remain improved.

Anxiety

A significant improvement (decreased score) in anxiety was found from pre (8.09) to post (6.79) scheme and from pre to 6 month follow-up (6.47). No significant difference was found from post scheme to 6 month follow-up. Thus, the improvements gained during the scheme were sustained at 6 month follow-up.

Depression

A significant improvement (decreased score) in depression was found from pre (5.93) to post (3.88) scheme and from pre to 6 month follow-up (4.14). No significant difference was found from post scheme to 6 month follow-up. Thus, the improvements gained during the scheme were sustained at 6 month follow-up.

Life Satisfaction

A significant improvement in life satisfaction was found from pre (22.14) to post (24.37) scheme and from pre to 6 month follow-up (24.14). No significant difference was found from post scheme to 6 month follow-up. Thus, the improvements gained during the scheme were sustained at 6 month follow-up.

Physical self-worth

A significant improvement was found for physical self-worth from pre (12.05) to post (14.26) scheme and between pre scheme and 6 month follow-up (14.79). No significant difference was found between post scheme and 6 month follow-up. Thus, the improvements gained during the scheme were sustained at 6 month follow-up.

Global Self-worth

A significant improvement was found for global self-worth from pre (15.63) to post (17.29) scheme and between pre scheme and 6 month follow-up (16.76). No significant difference was found between post scheme and 6 month follow-up. Thus, the improvements gained during the scheme were sustained at six month follow-up.

Habitual Physical activity

A significant increase in habitual physical activity was found from pre (5.85) to post (6.46) scheme and from pre to 6 month follow-up (6.35). No significant difference was found from post scheme to 6 month follow-up. Thus, the improvements gained during the scheme were sustained at six month follow-up.

Physiological Measurements

No significant difference between the three time scales was found for;

- Waist circumference
- Weight
- Sum of skin folds
- Resting heart rate
- Resting systolic blood pressure
- Resting diastolic blood pressure
- Heart rate post exercise
- Diastolic blood pressure post exercise

A significant difference was found however for hip circumference, systolic blood pressure post exercise and treadmill test duration.

Hip circumference

A significant improvement (lower measurement) in hip circumference was found between pre scheme (115.81cm) and post scheme (114.64cm) and between pre scheme and 6 month follow-up (111.41cm). No significant difference was found between post scheme and 6 month follow-up.

Systolic blood pressure post exercise

There was no significant difference in systolic blood pressure post exercise from pre (159mmHg) to post (157mmHg) scheme. However there was a significant improvement (decreased value) between post scheme and 6 month follow-up (151mmHg) readings and between pre scheme and 6 month follow-up readings.

Treadmill test duration

A significant difference was found between test duration pre scheme (5.53min) and post scheme (8.23min) and between pre scheme and 6 month follow-up (7.80min). No significant difference was found between post scheme and 6 month follow-up. Thus, the improvements gained during the scheme were sustained at six-month follow-up.

Figure 21 illustrates the number of participants finishing the treadmill test at the end of each modified Bruce stage. It can be seen that substantially fewer participants finish before the end of stage 0 (<3mins) post scheme and at 6 month follow-up than pre scheme. The majority of participants pre scheme finish after stage 0 (3 minutes), the majority post scheme and at 6 month follow-up finish following stage 1 (9 minutes). Stage 3 (15mins) was only completed post scheme by a small percentage of people.

Figure 21

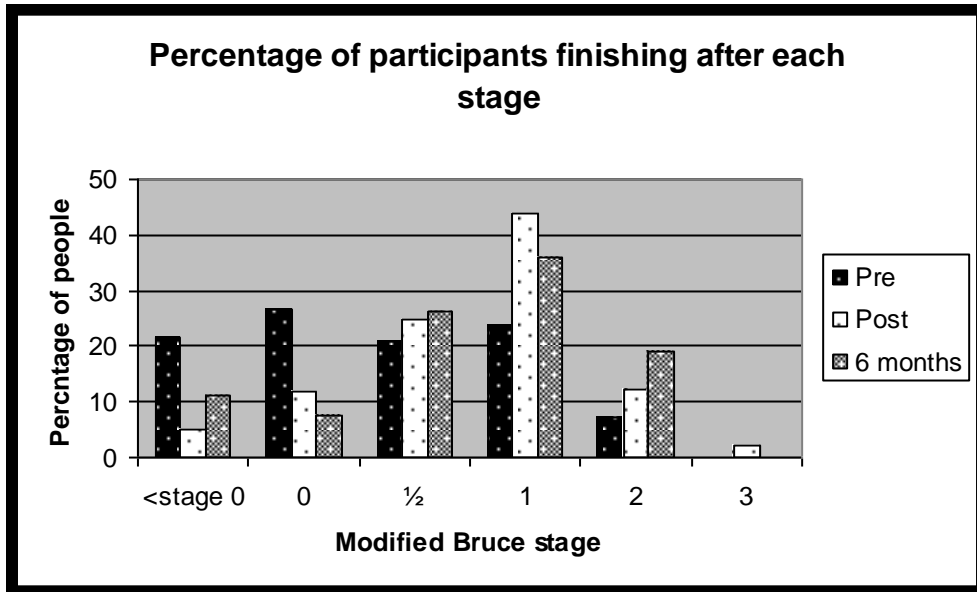
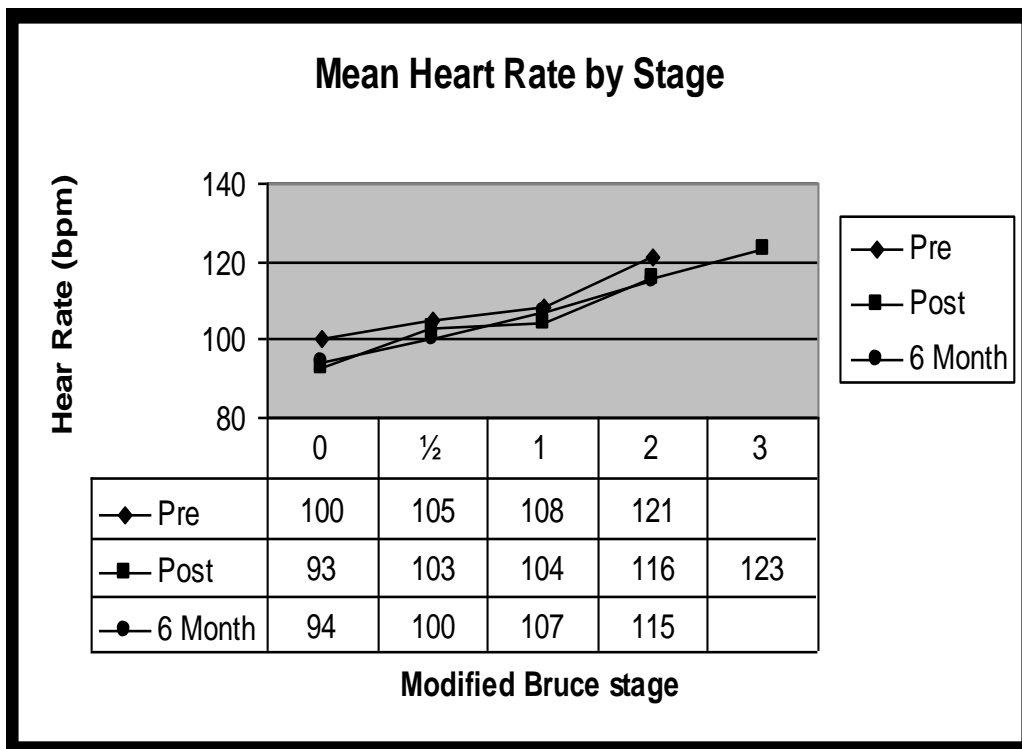


Figure 22 shows participants' heart rates at the end of each modified Bruce treadmill test stage for the three time points. It can be seen that heart rate at 6 months is fairly comparable with post scheme readings except stages 1/2 and 1. At stage 1/2 (6 minutes) 6 month heart rate is lower than at pre and post indicating improved fitness. At stage 1 (9min) heart rate becomes more comparable with pre scheme readings. However by stage 2, heart rate at 6 months returns to be similar to readings obtained at post scheme.

Figure 22



➤ 4. Negative Effects

No hospitalisations, resuscitations or deaths occurred during the duration of the research as a result of the exercise classes.

➤ 5. Evaluation of processes

Partnership working has yielded benefits of cost-saving, efficiency and knowledge through the sharing of office space, equipment and staff.

Partnership working has provided challenges in reconciling differing Personnel practices and financial processing. Nevertheless, the management structure has proved effective since the Scheme has fulfilled all the conditions of the grant award, has run to budget, produced all required reports on time, and most importantly has recruited and provided benefit to a large number of participants.

Promotion of the Scheme included personal visits to GP surgeries, Ceredigion Specialist Nurses Group, Ceredigion Physiotherapists, Ceredigion and mid-Wales NHS Trust, and leisure centre managers. A health promotion bus tour around local towns in 2004, along with a number of articles in the local press all helped to raise awareness of the Scheme. Referrals from hospitals were good but there was variable engagement of health centres.

The Scheme ran in six leisure centres spread across the county. Budget had been allocated to cover taxi or bus fares. However only a small number of participants required assistance. The low demand for this service indicates that the classes were being run in appropriate locations. It is worth noting (see figure 2) that all six leisure centres were well used. A Scheme that had been based, say, just in Aberystwyth may have excluded a large number of people in need.

Budget had also been allocated to cover child care costs however this service was not accessed by any participants.

➤ 6. Participant evaluation

On exit of the scheme all participants were sent an exit evaluation form to complete and return anonymously. This questioned participants about the leisure centre facilities and the general running of the scheme. 60% of participants returned a form. The following information relates to returned forms only.

Leisure Centres

- 78% of participants reported that the changing facilities were 'always' clean and tidy with 3% answering 'sometimes', 1% of people answering 'rarely' regarding Sir Geraint Evans Leisure Centre, Aberaeron and 18% not responding to this question.
- 96% reported the gym facilities were 'always' clean and tidy with 4% reporting 'sometimes'.
- Parking at the centres was reported as 'always' being adequate by 71% of participants, while 20% reported 'sometimes' adequate and 9% did not respond to this question.
- Leisure centre staff were reported as 'always' being helpful by 98% of participants. 2% did not respond to this question.
- The gym temperature was reported as being just right by 92% of participants with the balance replying too hot or too cold.

Scheme staff

- 98% of participants reported being made to feel comfortable during their consultation with the cardiac rehabilitation nurse 'at all times', were given the information that they needed 'at all times' and felt able to ask questions 'at all times.' 2% did not answer these questions.

Scheme delivery

- 88% of participants reported 'definitely' thinking that the classes were of benefit to their health, 11% reporting 'somewhat' and 1% reporting 'not really.'
- 83% of participants reported 'definitely' progressing in fitness during the scheme while 14% answered 'somewhat' and 1% 'not really'. 2% did not respond
- 95% of participants thought that the classes were 'definitely' well organised, 5% thought that they were 'somewhat' organised.
- 92% of participants thought that the classes were 'definitely' enjoyable, 6% found them 'somewhat' enjoyable while 2% reported 'not really' finding the classes enjoyable.
- Following the scheme 81% of participants 'definitely' felt confident about exercising independently, 6% felt 'somewhat' confident and 2% 'not really' feeling confident (remainder not responding).
- On asking whether participants had a preference for gym or circuit classes, 50% had no preference, 27% had a preference for the gym while 15% had a preference for circuit classes. 8% did not respond to this question.

Supplementary activities

In addition to the twice weekly classes, the scheme also offered a number of health talks on various topics (such as medication, blood pressure, and exercise principles), relaxation sessions and walks.

- All talks were classed as useful by the vast majority of participants who had attended.
- Nearly all participants reported feeling relaxed following the relaxation session and reported feeling able to use the techniques independently.
- Only 16% of participants reported attending a walk, with 55% reporting 'no walk being available' to them during their time on the scheme. It should be noted that walks were only provided during the summer months to increase the likelihood of good weather. Of those participants that attended a walk all reported it as being enjoyable.

Overall therefore the Scheme received very strong support from the participants. The environment provided by the sports centres was excellent, staff were considered helpful and supportive, and participants felt the classes were well-organised, enjoyable and led to improved health and fitness. Further, more detailed analysis of psychological factors is included in appendix 3. This analysis shows that the structure of the Scheme and the approach of the exercise leaders helped participants improve in feelings of competence, autonomy and relatedness. These improvements increase subject motivation and lead to improved continuation of exercise once a person leaves the Scheme.

➤ 7 Cost Benefit

Very few robust economic analyses are available on the cost-benefit of exercise schemes. It is argued that the benefits of a scheme are shown in life years gained, quality of life years (QALY) gained, increased employment, and a reduction in on-going care and treatment costs. Scheme costs might vary from as low as £50 per patient where a scheme is limited to the provision of an advice booklet to over £1000 per patient where a scheme involves a lengthy programme of exercise led by a professional.

Work from Ireland (Swales 2000) and Scotland (Gillespie et al. 2003) has recently been supplemented by NICE (2006) which provides a contemporary review of the economic cost-benefit evidence. All three reports identify that exercise has a positive benefit in relation to cost. NICE (2006) quote cardiac rehabilitation at £6400 per life year gained and £2700 per QALY gained. This cost may be compared with the rounded standard criterion that for a medical intervention to be judged cost-effective it should have a cost of less than £20,000 per QALY gained.

Cost

293 participants undertook classes within the Ceredigion Scheme giving a per person treated cost of £999. This is typical of a scheme involving regular exercise supervised by specialists over an extended period. If allowance is made for the start-up costs of this new scheme, the continuing running costs are £899 per new participant.

Benefit

We do not have a direct measurement of economic benefit since this would require extensive longitudinal monitoring of medication, morbidity and mortality. We must therefore attempt an approximate estimate of benefit.

i) Added years of life

We note no hospitalisations, resuscitations or deaths occurred during the duration of the research as a result of the exercise classes. It is impossible to estimate the added life years without monitoring of mortality over many years.

ii) Direct treatment and care costs

We have no direct data on whether treatment or care costs declined.

The improved physical capability would likely reduce care costs but we have no information on these. Taking a conservative approach we have not therefore allocated a financial benefit.

iii) Quality of life

Quantifying the improved quality of life will include the direct improvement during the 12 weeks of the exercise programme, plus the any sustained benefit afterwards

During the 12 weeks of the exercise classes there were significant improvements in psychological well-being and functional physical capability.

With allowance for those participants who did not complete the scheme (11%) we might estimate that the Scheme, on an intent to treat basis, has added quality of life to 293 (people) * 0.89 (completion rate) * 12 (weeks) or 60 person-years in total.

The six-month post-scheme data show continued increased activity and enhanced health and well-being. Of 155 people contacted 94 replied and 69 were still active. Since it is more likely that active people will choose to respond, we must assume a lower proportion of the non-responders were still active. Conservatively we have assumed the proportion of active non-responders to be half that of the responders. Since 73% (69/94) of the responders were still active, we are assuming just 37% of the non-responders are still active. There were 61 non-responders so we are assuming 22 of these are active and 39 are not active. This gives an overall still-active rate of $(69 + 22) / 155 = 59\%$. This applies to the first six months after finishing in the scheme. Over a longer time period more participants will stop exercising. Most drop-out occurs in the first months after finishing a project, but if conservatively we assume the drop-off continues at the same rate then we would expect 59% of the continuing exercisers to still be active six months later (i.e. 35% of the starting number are still going after 12 months), a further 59% of continuing exercise to still be active six months further on (i.e. 21% of the starting number still going after 18 months) and so on.

It could therefore be estimated that, on average, the sustained impact of the Scheme once participants leave the classes would be

For each six month block: Total participants multiplied by the proportion of participants still active

We have then totalled these over two years of six month blocks. We have taken two years as a reasonable, but conservative, time frame over which to be able to claim continued impact once the scheme had finished.

First six month block

$$(293 \times 59\%) \times 0.5 \text{ years} = 86 \text{ person-years of benefit}$$

Second six month block

$$(293 \times 35\%) \times 0.5 \text{ years} = 51 \text{ person-years of benefit}$$

Third six month block

$$(293 \times 21\%) \times 0.5 \text{ years} = 31 \text{ person-years of benefit}$$

Fourth six month block

$$(293 \times 12\%) \times 0.5 \text{ years} = 18 \text{ person-years of benefit}$$

Total post-scheme sustained benefit = 186 person-years

In total therefore we can estimate that Scheme has improved quality of life (mental and physical) for 60 person-years during the period of the exercise classes plus 186 person-years subsequently, a total of 246 person-years.

This tentative estimate for the Ceredigion Scheme averages £292,713/246 or £1190 per added quality of life year.

Quality adjusted life years

The above analysis expresses the data in simple terms of years of enhanced quality of life. But this analysis does not account for the degree of enhanced quality. The concept of quality adjusted life years (QALY) rates the quality of life on a scale from 1 (perfect health) to 0 (death). Estimating the rating for any individual person is a matter of judgement. The present evaluation does allow some objectivity in this judgement by examining the data for the various health measures. Many of the measures of health and well-being showed an improvement during the scheme, and that the improvements were sustained at the six-month follow-up. Not all measures showed improvement, but overall the data in sections 3.2 and 3.3 suggest it would be reasonable to tentatively conclude an overall impact of quality of life, and to estimate the size of that impact as a 10% gain.

The overall impact of the scheme, expressed in quality adjusted life years is therefore $246 \times 10\% = 24.6$ QALY

In financial terms this equals £292,713/24.6 or £11,900 per QALY.

This figure may be compared, with caution, to QALY estimates for other medical treatments. Clearly, even allowing for an element of estimation, the cost is well below the criterion value of £20,000 per QALY.

➤ 8 Conclusion

In summary, the scheme:

- Provided a G.P. referral provision where none existed in Ceredigion
- Demonstrated need by recruiting 653 participants in 2½ years
- Identified the importance of a local community-base for exercise provision and an emphasis on patient confidence and independence in achieving high participation and low attrition
- Demonstrated a sustained impact at 6-month follow-up once participants had left the scheme
- Demonstrated significant improvements in physical and psychological health at a cost per patient of £999 leading to an estimated improvement in quality life years at a cost of £11,900 per QALY.

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➤ **Appendix 1**

Borg rate of perceived exertion scale

6

7 Very, very light

8

9 Very light

10

11 Fairly light

12

13 Somewhat Hard

14

15 Hard

16

17 Very Hard

18

19 Very, Very Hard

20

➤ Appendix 2

Modified Bruce Protocol

Stage	Time	KmPH	Gradient %
0	3	2.74	0
½	6	2.74	5
1	9	2.74	10
2	12	4.02	12
3	15	5.47	14
4	18	6.76	16
5	20	8.05	18

➤ Appendix 3

Additional research

Further psychological data were gathered as part of an additional project. This research looked more in detail at the motivation of participants to exercise and how some basic psychological needs were met by the scheme. The self-determination theory (Deci and Ryan, 1985) states that there are five different types of motivation:

- Amotivation, which is a total lack of motivation to carry out a behaviour;
- External motivation, which is the motivation to do something for an external reward or as a result of pressure from an external source (e.g. family or GP);
- Introjected motivation, which is the motivation through pressure put on the individual by themselves and often results in feelings of guilt if the behaviour isn't carried out;
- Identified motivation, which is the motivation to do something because of the value placed upon that behaviour (e.g. valuing the health benefits of exercise);
- Intrinsic motivation, which is the motivation to carry out a behaviour for the sheer pleasure of taking part.

Although being externally motivated encourages a person to take part in a behaviour, this is often a temporary effect as once this external pressure is removed the motivation often decreases. However the more identified or intrinsically motivated a person is for a behaviour the more likely they are to carry out that behaviour long-term. It follows therefore that a scheme such as this should aim to encourage participants to develop high levels of intrinsic or identified motivation to encourage long term exercise participation and discourage external motivation or amotivation.

The Cognitive Evaluation theory (Deci and Ryan, 1985) states that in order to encourage intrinsic motivation three fundamental psychological needs must be satisfied. These are the needs for autonomy, competence and relatedness. The need for autonomy satisfaction relates to the need to feel volitional in the behaviour and not to feel controlled. The need for competence satisfaction relates to the need to feel good at the behaviour while the need for relatedness is the need to feel supported and accepted within the particular setting. The more satisfied within these three needs an individual is the more likely they are to be self-determined in their motivation (i.e. intrinsically motivated).

These needs can be fostered in a number of ways, for example:

- Providing people with information so that they can make an informed choice to take part in the scheme to encourage autonomy satisfaction;
- To provide participants with positive feedback about their own personal improvements rather than developing a competitive group setting to encourage the satisfaction of competence needs;

- To encourage socialisation within the group to encourage the satisfaction of relatedness needs.

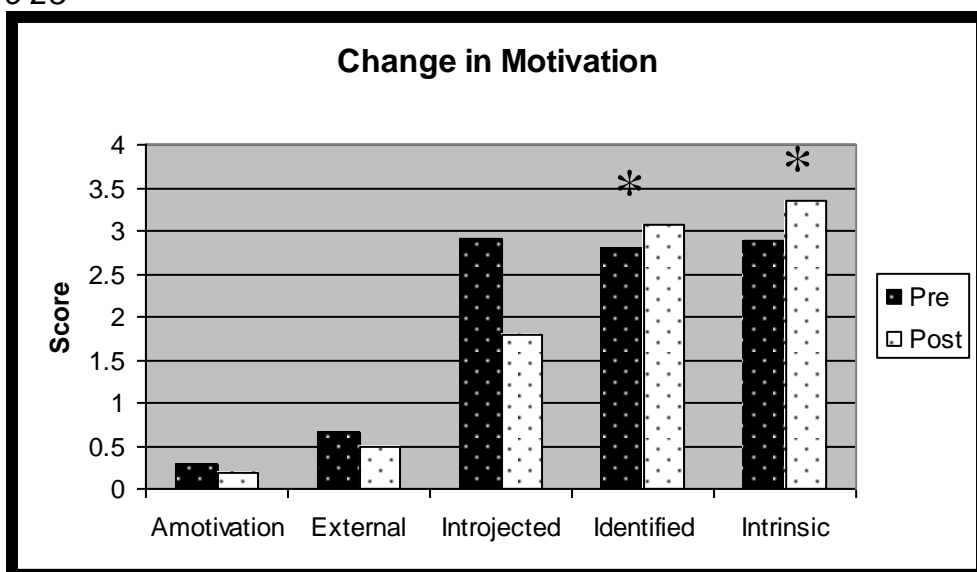
Procedure

Following their second gym session and on exiting the scheme, participants were asked to complete the BREQ-2 questionnaire measuring exercise motivation and the Need Satisfaction Scale.

Results

Figure 23 indicates the motivation scores from pre to post scheme (score range 0-4). It can be seen that on entry to the scheme Identified and Intrinsic motivation scores were already high and significantly increased by the end of the 12 week programme.

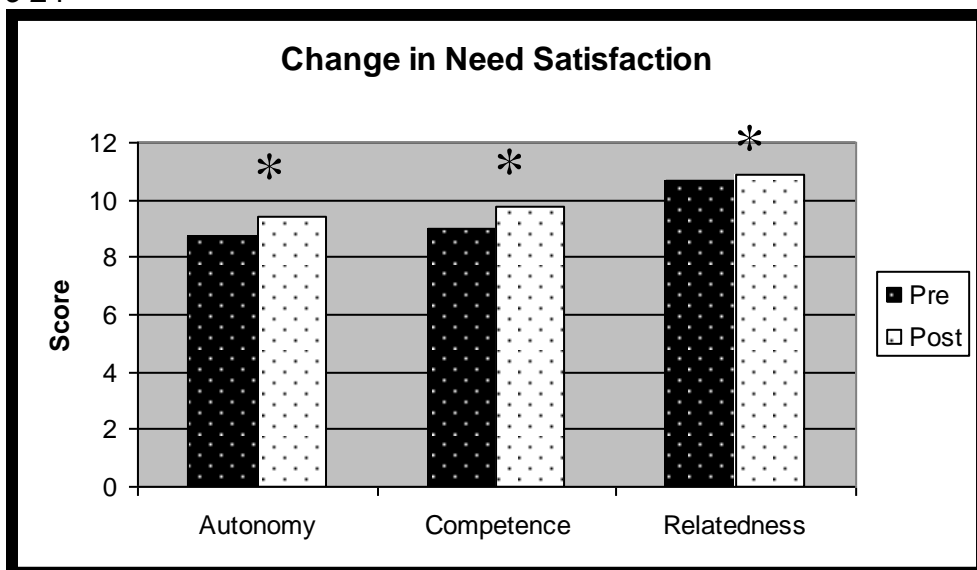
Figure 23



* indicates significant difference

Need satisfaction scores for all three psychological needs were fairly high on entering the scheme (scores range from 0-12) indicating that the scheme fostered high need satisfaction from very early on in the scheme. Despite this, a significant increase in autonomy, competence and relatedness satisfaction was still found from pre to post scheme indicating that the environment fostered by the exercise leaders encouraged the satisfaction of these needs throughout the 12 weeks (see figure 24). This could go some way to explaining the above average completion rate of the scheme.

Figure 24



* indicates significant difference

Exercise for Life Staff

Darryl Evans	Recreation Services Manager
Gaynor Toft	Health and Well Being Strategy Officer
Mandy Jones	Exercise for Life Leader
Carwyn Jones	Exercise for Life Leader
Diane Jones	Administrative Assistant
Dawn Kenwright	Assistant Exercise for Life Leader
Sheila Williams	Assistant Exercise for Life Leader

University of Wales Aberystwyth

Professor Jo Doust	Formerly Head of Department of Sport and Exercise Science University of Wales Aberystwyth, now Head of Department University of Brighton.
Rachel Rahman	Research Assistant
Cecilie Thøgersen-Ntoumani	Advisory Psychologist

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