

# A between sex analysis of self and proxy efficacy and its relationship with attendance at a community based chronic illness rehabilitation programme.



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## Introduction

Physical activity is a principal intervention in primary and secondary prevention of chronic illness. While the benefits of community based rehabilitation is acknowledged the rate of attendance remains sub optimal. Self-efficacy is acknowledged to be a key factor relating to attendance and retention in rehabilitation but the construct of proxy efficacy, defined as one's confidence in the skills and abilities of a third party to function effectively on another's behalf, is less often studied. This paper forms part of a longitudinal observational study and examines the relationship between gender and "self" and "proxy-efficacy" and their potential role in attendance to a Community based chronic illness rehabilitation; MedEx Wellness.



## Methodology

As part of a MedEx induction, all participants completed the MedEx Questionnaire and attendance at MedEx classes was monitored.

### MedEx Questionnaire

- Demographics (Age, Gender)
- Factors associated with attendance to MedEx classes including:
  - Self efficacy for exercise [1] [2],
  - Proxy efficacy for exercise [1]

### Attendance Monitoring

- Attendance was monitored by researchers from exercise session 1 for a period of 24 weeks.

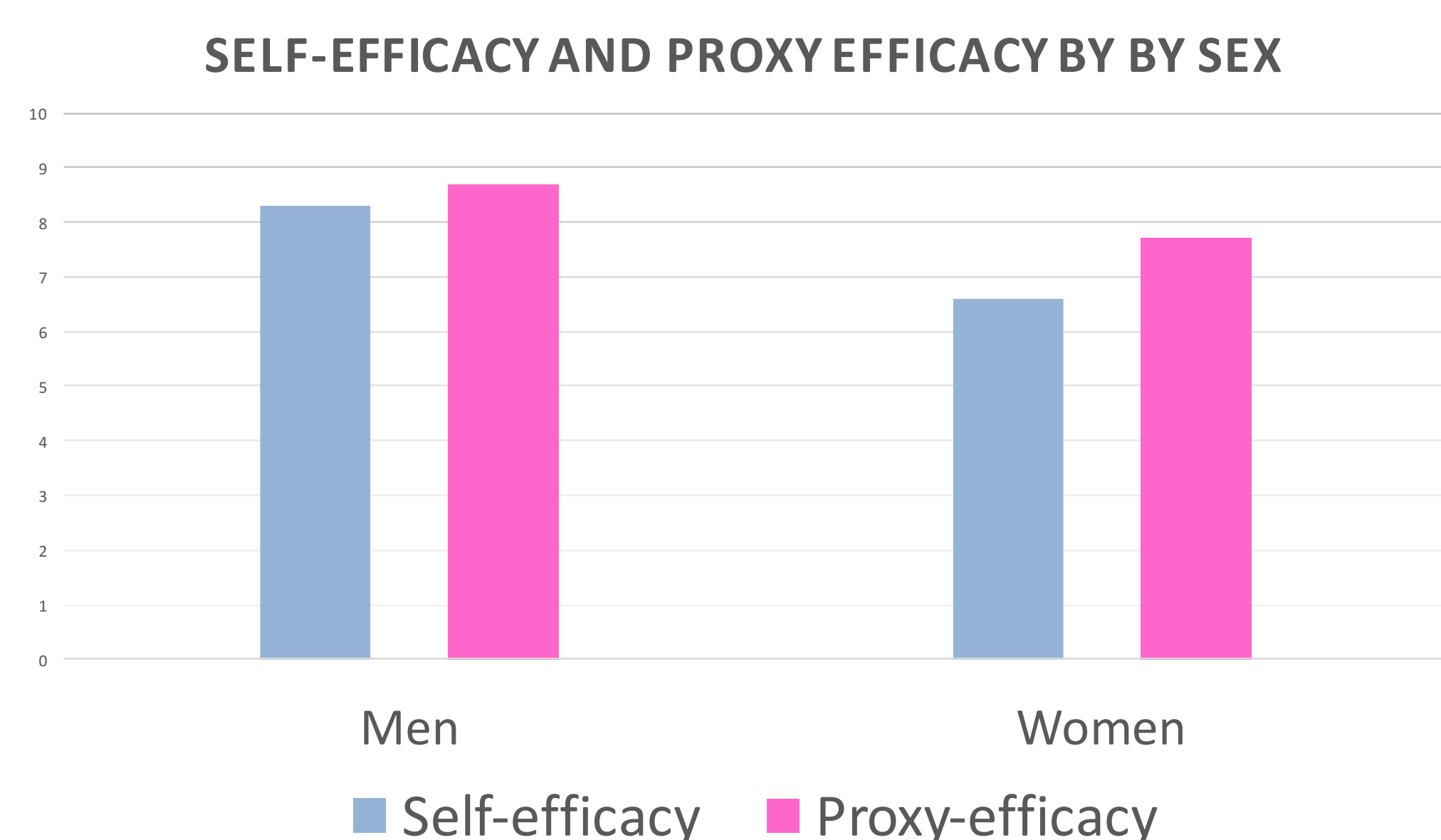
### Statistical Analysis

Data were input to SPSS, cleaned and checked for normality. Independent samples T- tests were used to identify groups differences on factors associated with attendance, and correlation analysis was used to identify correlations between both forms of efficacy and attendance.

## Results

A total of 69 (56% , 44% ) participants took part in this study with a mean age of 65.5  $\pm$  9.8 years.

- Mean proxy-efficacy and mean self-efficacy was found to be significantly greater in men compared to women ( $p < 0.05$ ).
- Mean proxy- efficacy was found to be higher than mean self-efficacy in both males (proxy-efficacy=8.7 $\pm$ 1.2, self-efficacy=8.3 $\pm$ 1.8) and females (proxy-efficacy= 7.7 $\pm$ 2.2, self-efficacy=6.5  $\pm$ 2.0) with no correlation between the variables.



When split by sex;

- Correlational analyses found a moderate significant positive correlation between proxy efficacy and number of weeks attended in the 24 weeks ( $r = .440$ ,  $p < .05$ ) in women with no correlation observed between self- efficacy and weeks attended.
- No correlations are observed between either form of efficacy and attendance in men.



## Discussion and conclusion

Participants report greater confidence in the proxy agent than themselves as the agent. This was furthered in women with an association identified between proxy efficacy and 24-week attendance. These results suggest the importance of the proxy for women in a CBCIR setting but further longitudinal research should be carried out in the area of proxy efficacy and attendance at community based chronic illness rehabilitation programmes.

### References:

- 1) Shields CA, Brawley LR. Preferring proxy-agency: impact on self-efficacy for exercise. *J Health Psychol.* 2006;11(6):904-914. doi:10.1177/1359105306069092.
- 2) Luszczyńska A, Sutton S. Physical Activity After Cardiac Rehabilitation: Evidence That Different Types of Self - Efficacy Are Important in Maintainers and Relapsers Self - Efficacy and Performance of Recommended Rehabilitation Exercises. doi:10.1037/0090-5550.51.4.314.

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