

INVITATION TO FINAL REVIEW:

Motivational interviewing in changing exercise behaviour for older persons

- Experiences, adherence and short time outcomes of a fall preventive program

Welcome to Marina Arkkukangas's final review

Falls and injuries related to falls among older people are one of the most common health problems in this population. Despite efforts made for prevention of falls the number of falls still continues to rise. Of all fall preventive actions one of the most effective is exercise including strength, balance and endurance. There is a need to increase awareness of the impact of exercise programs and older people's adherence to exercise recommendations since older persons adherence to exercise is generally low. This thesis address fall prevention exercise from a behavioural perspective in physiotherapy. Four studies were conducted during 2012-2016. Altogether 175 older community dwelling persons over 75 years of age participated in an exercise intervention with or without support for behaviour change by motivational interviewing. The studies included feasibility for conducting an intervention study (I), individual face to face interviews (II), an intervention study (III) and a prospective correlational cohort study (IV). The findings showed feasibility for the assessment and treatment including exercise with or without motivational interviewing to be acceptable. A physiotherapist provided meaningful support in the processes of exercise behaviour change including adapting exercises to individual circumstances. Exercise supported by motivational interviewing were important for physical functions in short term perspective and predictive for exercise adherence in long term perspective. Behaviour aspects including physical activity habits positively predicted long-term exercise adherence and are considered valuable when striving for fall preventive exercise adherence.

■ Supervisors: Ann-Christin Johansson, Mälardalen University, Anne Söderlund, Mälardalen University, Staffan Eriksson, Centre for Clinical Research, Sörmland/ Uppsala University

■ Members of the assessment panel: Lena von Koch, professor, Karolinska Institutet, Katarina Bälter, professor, Mälardalen University

Handouts will be provided at the final review.

The presentation at the final review will be held in English and the discussion in Swedish.

TIME: 2 februari 13.15-15.00

PLACE: Mälardalen University, Room Case, Västerås

Welcome!



Marina Arkkukangas

I am a physiotherapist with a degree in 2007 at Mälardalen University, specializing in behavioural medicine. My work as a physiotherapist has mainly been focusing on older persons over 65 years of age living in the community with aim to enhance independency to manage the everyday life. My interest in older persons have continuously grown and the problematic area of falls among older persons have come to be my passionate interest. With my project I hope to be able to contribute to new and increased knowledge in falls prevention for the individual, society and the research field in health and welfare at Mälardalen University.