### Title: Physical Activity and Differences in Decisional Balance and Self-Efficacy: An Application of Transtheoretical Model

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### Abstract

Introduction: Physical inactivity is one of the most important public health problems of the 21st century which leads to the most chronic diseases. Regular physical activity has been shown to yield a number of physiological and psychological benefits, such as decreased incidence of coronary heart disease, hypertension, diabetes mellitus, colorectal cancer, and obesity, as well as a reduction in stress and depression. Transtheoretical Model (TTM) is one of the most popular models for studying behavioral determinants.

**Material & Methods:**

A descriptive- cross-sectional design was used to examine the decisional balance (pros and cons of Physical inactivity), and self efficacy constructs and sociodemographic characteristics of the students from different stages of change as proposed by the transtheoretical model. A random sample of 160 students of health faculty from Shahid Sadoughi University of Medical science completed research instrument which was a multi-sectional questionnaire that was approved and measured construct of TTM and sociodemographic variables. Data entered and analyzed in SPSS Win 11.5.

**Results:**

The majority (26.1%) of the students were classified into the contemplation stage for regular physical activity, 20.6% in preparation, 18.8% in precontemplation and 34.9% in action and maintenance stages.

The top four reasons for participation in physical activity were improving function of coronary heart system, living longer, having good fitness and increasing mental power. Having access to few activity places (3.08±1.17) and having much time in future for physical were two most important perceived barriers noted for not participating in physical activity (3.3±1.2).

The results indicated that there were significant differences in the level of perceived Benefits and barriers and self efficacy across different TTM stages (p < 0.03).

**Discussion and Conclusions:**

According to this study, students who were in the later stages had more perceived benefits, more self-efficacy and lower perceived barriers than other students in the early stages of TTM.

**Keywords:** Stages of change, Decisional balance, self-efficacy, physical activity

**Presentation:** Oral