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**Title:** The effect intervention based on integrating transtheoretical model and self-determination theory to promote and maintenance exercise behavior in college students

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**Abstract:** Background and aim: Despite the many benefits of exercise behavior, lack of physical activity is a health problem in college students. A key issue in exercise behavior research is using health education models in order to promote and maintain exercise behavior. Previous researches have shown in light of the complex and dynamic nature of exercise behavior change, it seems unlikely that a single theoretical approach can truly capture it. Therefore, the purpose of this study was to investigate the effect of a combined model of Transtheoretical model and self-determination theory on the promotion and maintenance of exercise behavior among college students.

**Material and Methods:** This study is a randomized controlled trial. The experimental group (66 students) received the intervention based on TTM and SDT, and control group (67 students) did not receive any intervention by researcher. Evaluation was conducted by tools based on constructs of TTM and SDT as well as METs, before intervention, post intervention and after 8 months.

**Results:** There were no significant differences between the two groups before the intervention regarding the demographic variables, constructs of TTM and SDT and METs. The study findings showed significant differences in the exercise behavior stage of change and METs (P=0.000) between experimental group and control group in the post intervention and follow up evaluation. There were also significant improvement in the exercise behavior stage of change and METs in the experimental group throughout pre, post and follow up intervention (P=0.000). Whereas, in the control group, there were no significant differences.

**Conclusion:** Education intervention based on combined model of transtheoretical model and self-determination theory has effects on the promotion and maintenance of exercise behavior among college students.

**Presentation:** Oral