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"We're fine... always have been... always will be... until we drop dead, that is!"



"Boomer pride rules!"

INTRODUCTION

- Previous studies have demonstrated the need to move beyond the common misconception of midlife as a time of crisis in order to develop further understandings of midlife as a time of opportunity for the maintenance and improvement of health (Infurna et al, 2020; Lachman et al., 2015)
- This study aims to investigate the relationship between resilience, control beliefs, emotion regulation, perceived social support and health-promoting behaviours such as physical activity, as well as the effect of a brief action planning exercise on increasing physical activity
- It is expected that there will be a positively correlated relationship between all four psychosocial factors and current physical activity levels as well as increased physical activity participation following goal setting.
- We anticipate that participants who demonstrate higher levels of mastery/self-efficacy control beliefs, general social support, general resilience, and cognitive appraisal as an emotion regulation strategy to be more physically active and to follow the plan more closely they developed for their goal.

METHODS

Participants: Middle-aged adults (i.e., 35-64 years old) who are currently residing in Saskatchewan

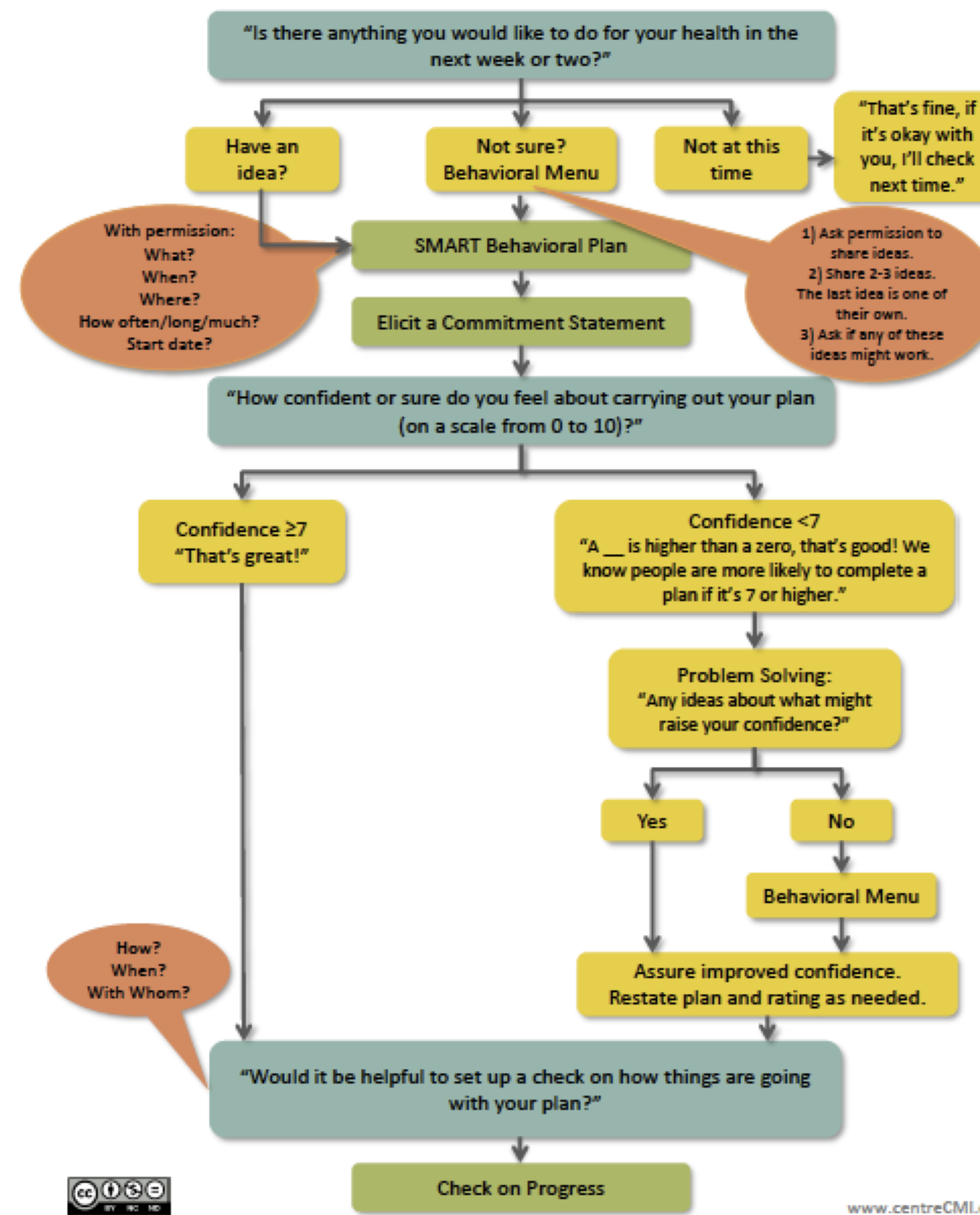
Materials:

- The Multidimensional Scale of Perceived Social Support (MSPSS; Zimet et al., 1988) Brief Resilience Scale (BRS; Smith et al., 2008)
- Emotion Regulation Questionnaire (ERQ; Gross & John, 2003)
- Control Beliefs Inventory (CBI; Sirois, 2003)
- International Physical Activity Questionnaire, short last 7-days format (IPAQ; Craig et al., 2003)

Procedures:

- Participants completed a set of online questionnaires, during which they were randomly assigned to the active control or experimental group
 - Those in the active control group will set a physical activity goal and rate their confidence
 - Those in the experimental group will complete a brief action planning exercise to set a physical activity goal
- 2 weeks after the completion of the initial questionnaire participants will complete a follow-up questionnaire. Participants will report their current levels of physical activity, whether or not they had been following their plan, and whether or not they wanted to change their plan going forward.
- 4-weeks after the completion of the initial questionnaires participants will complete a final survey, in which they report their current physical activity levels, as well as whether or not they followed their plan

BRIEF ACTION PLANNING



Gutnick et al., 2014

ANTICIPATED RESULTS

- We expected to find positively correlated relationships between all four psychosocial factors (resilience, control beliefs, perceived social support, emotion regulation) and current levels of physical activity as well as physical activity levels after the completion of the study
- We expect that participants in the experimental group will demonstrate a better ability to achieve their goal through following their plan
- We also anticipate that participants who demonstrate higher levels of mastery/self-efficacy control beliefs, general social support, general resilience, and cognitive appraisal as an emotion regulation strategy to be more physically active and to follow the plan more closely they developed for their goal.

POTENTIAL IMPLICATIONS

The potential significance of this study includes increasing awareness of the influence of psychosocial factors and demographic characteristics on health behaviours and consequential health outcomes among middle-aged adults. A further understanding of these outcomes has the potential to influence future interventions aimed at improving health outcomes among middle-aged adults. Potential interventions may be used in clinical settings or community programs in which middle-aged adults engage.

DIRECTIONS FOR FUTURE RESEARCH

- The findings of this study will be limited to only those living in the province of Saskatchewan, it would be of interest to pursue a similar study with a broader population
- It would also be of interest to expand upon the health-promoting habits being investigated, an investigation into behaviours such as eating and sleep habits of adults may also uncover valuable knowledge

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