

Conférences scientifiques du CRIR

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Physical activity and well-being promotion among adults with spinal cord injury: Applying self-determination theory

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Shane Sweet is an assistant professor in the Department of Kinesiology and Physical Education at McGill University and regular member at CRIR—Jewish Rehabilitation Hospital of the CISSS de Laval. The overarching goal of Shane's program of research is to enhance the lives of adults, whether healthy or living with chronic conditions/disease (e.g., adults with cardiovascular disease, spinal cord injury), by understanding and promoting physical activity and well-being and engaging community members. His program of research is therefore guided by three pillars:

- (1) Understand:** The purpose of this pillar is to understand physical activity participation and well-being by applying, testing and integrating theory, developing conceptual models and tracking changes over time.
- (2) Promote:** In this pillar, he looks to increase physical activity and related constructs and enhance well-being through the two streams: persuasive messaging and intensive interventions.
- (3) Engage:** The objective of this pillar is to incorporate the community in research, co-construct research with community, inform key end-users of the results and evaluate knowledge translation initiatives.

Adults with physical disabilities (e.g., spinal cord injury) typically report lower levels of physical activity and wellbeing in comparison to the general population. Efforts are therefore needed to enhance these rates among this segment of the population. My presentation will focus on two interventional strategies used to enhance physical activity and well-being among adults with spinal cord injury. First, I will present findings from a recent self-determination theory-based pilot randomized controlled trial promoting physical activity among adults with spinal cord injury. Briefly, the 8-week telehealth intervention resulted in greater increases in autonomous motivation and physical activity among participants in the intervention group compared to participants in the control group. Further, the content of the intervention delivery has been coded and will be presented to describe the need supportive components utilized by the physical activity counsellor. Second, I will outline research conducted with spinal cord injury community organizations and their peer mentorship programs. These programs connect adults with spinal cord injury to create peer interactions that aim to help individuals who share similar lived experiences adapt and/or thrive. Quantitative and qualitative results highlighted the role of peer mentors on satisfying the basic psychological needs and enhancing wellbeing. Finally, I will introduce the ongoing community-based and community-derived research currently being conducted within my research group.



Le mercredi 26 septembre 2018

12h00 à 13h00

CIUSSS du Centre-Sud-de-l'Île-de-Montréal — IURDPM

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