

Factors that Influence Adherence to Exercise among Patients Attending a Cardiac Rehabilitation Program

A.M. Silva, A. Noites Superior School of Health Technologies of Porto, & Polytechnic Institute of Porto, Porto, Portugal.

Objective: The aim of this study was to compare the factors of adherence to physical activity in subjects attending a cardiac rehabilitation program, and subjects who have withdrawal this same program using the Transtheoretical Model of behavior change.

Methods: We conducted an observational, cross sectional type study, with a sample of 33 individuals (15 currently participating in the Cardiac Rehabilitation Program and 18 who no more attended the same program), with the questionnaires being personally delivered or sent by mail. For data analysis, we used the computer program SPSS® version 16.0. The significance level was set at 0.05.

Results: There were no significant differences in the states of Change, Self-efficacy, Decisional Balance and Change Processes in both groups. We obtained a high Spearman correlation between States of Change and Self-efficacy ($r^2 = 0.778$) and the Pros ($r^2 = 0.764$) and Againsts ($r^2 = -0.744$) in Decisional Balance. However, there were no significant evidence to affirm that States of Change and experiential processes of change ($p = 0.465$) and behavioral ($p = 0.300$) had a correlation. A relationship was found, in terms of proportions between physical activity incorporated or not in a Cardiac Rehabilitation Program and age ($p = 0.003$), occupation ($p = 0.010$) and the entity paying the costs of program ($p = 0.027$).

Conclusion: It was concluded that perceived self-efficacy and Pros and Againsts of the Decisional Balance are related to adherence to physical activity. Results also point out that age, profession and the entity paying the costs of the program influences the dropout of Cardiac Rehabilitation Programs.