Increasing Strength Training among People with Rheumatoid Arthritis: A Foundational Behaviour Change Science Approach

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Problem

1-14%

Strength training benefits: e.g., reduced pain, fatigue, muscle wasting, joint inflammation (Han et al., 2006; Cooney et al., 2011; Flint-Wagner et al., 2009)	Only 1-14% of people with rheumatoid arthritis participate in strength training (Iversen et al., 2017; Demmelmaier et al., 2013)	Lack an understanding of barriers and theory for strength training behaviour change and methods for tailoring

Purpose:

A) What interventions are the most effective to improve the **uptake of strength training** among people with rheumatoid arthritis

B) How can we develop a methodology for **tailoring** physical activity interventions?

Proposed Solution

	A) Improve Strength Training Uptake		B) Develop Tailoring Methods
1	Patient partners involved throughout the research process (https://www.arthritisresearch.ca/our-team/arthritis-patient-advisory-board/)	**Patient Partner Consultations** 	Patient partners involved throughout the research process
2	Identify current strength training behaviour change theories and effective intervention components	**Systematic Reviews** 	Identify current methods for tailoring physical activity intervention
3	Identify barriers and facilitators to strength training among people with RA	**Key Informant Interviews** 	Develop a list of factors (e.g., barriers, demographics, level of motivation) necessary for tailoring physical activity interventions
4	Use the Behaviour Change Wheel to select the most promising intervention strategies based on the barriers and context	**Prioritize** 	Use the Delphi method to determine the most important factors for tailoring
5	Propose behavioural interventions and assess their feasibility for improving participation of strength training among people with RA	**Feasibility Test of Interventions** 	Pilot test a core set of questions for tailoring and evaluate their acceptability and appropriateness

Implications

Strength Training Behaviour Change Theory
- Researchers

Tailoring Methodology
- Researchers
- Clinicians

Strength Training Participation
- Patients

a place of mind
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