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

(Man et al., 2006; Cossey et al., 2012; Frit-Wagner et al., 2009)

Only 1-14% of people with rheumatoid arthritis participate in strength training

(Sjursen et al., 2017; Devedjian et al., 2012)

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

1 Patient partners involved throughout the research process

(Patient Partner Consultations)

[https://www.arthritisresearch.ca/our-team/arthritis-patient-advisory-board/]

2 Identify current strength training behaviour change theories and effective intervention components

(Systematic Reviews)

3 Identify barriers and facilitators to strength training among people with RA

(Key Informant Interviews)

4 Use the Behaviour Change Wheel to select the most promising intervention strategies based on the barriers and context

(Prioritize)

5 Propose behavioural interventions and assess their feasibility for improving participation of strength training among people with RA

(Feasibility Test of Interventions)

B) Develop Tailoring Methods

Patient partners involved throughout the research process

(Patient Partner Consultations)

Identify current methods for tailoring physical activity intervention

(Systematic Reviews)

Develop a list of factors (e.g., barriers, demographics, level of motivation) necessary for tailoring physical activity interventions

(Key Informant Interviews)

Use the Delphi method to determine the most important factors for tailoring

(Prioritize)

Pilot test a core set of questions for tailoring and evaluate their acceptability and appropriateness

(Feasibility Test of Interventions)

Implications

Strength Training Behaviour Change Theory
- Researchers

Tailoring Methodology
- Researchers
- Clinicians

Strength Training Participation
- Patients