

A New Approach for Motivational Stage Assessment in PROVEN-DIA



VIII CONGRESSO BRASILEIRO DE MEDICINA DO ESTILO DE VIDA

I CONGRESSO LUSO-BRASILEIRO DE MEDICINA DO ESTILO DE VIDA

Assessment in PROVEN-DIA

Ostolin, T.L.V.D.P.; Pagano, R.; Fonseca, D.C.; Martins, A.L.F.; Alves, B.S.; Santana, A.B.N.; De Oliveira, L.T.; Bersch-Ferreira, A.C. BP – A Beneficência Portuguesa de São Paulo, São Paulo, Brasil.



Introduction

The PROVEN-DIA is a multicenter randomized clinical trial evaluating a lifestyle change program for the prevention of type 2 diabetes in 1,590 individuals with prediabetes. The motivational stage is pivotal for lifestyle changes, yet no standardized tool pragmatically assesses it. In this study, we proposed a pragmatic approach to assess motivational stage for diet and physical activity (PA).

Objective

To describe the approach for assessing motivational stage, based on the Transtheoretical Model of Behavior Change, applied in the PROVEN-DIA study.

Methods

The PROVEN-DIA is a multicenter randomized clinical trial evaluating a lifestyle change program for the prevention of type 2 diabetes in 1,590 individuals with prediabetes

Based on the Wheel of Cardiovascular Health Diet (1), the International Physical Activity Questionnaire (IPAQ) (2) and the Transtheoretical Model (3), we propose a classification of participants' motivation for lifestyle change.

Dietary intake

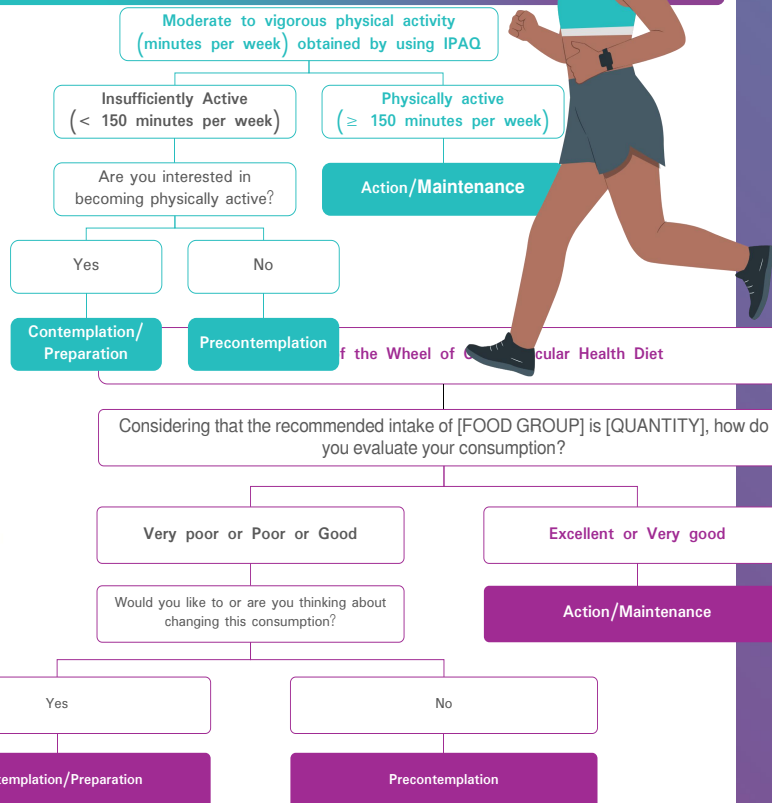


Results

Although the Transtheoretical Model describes five stages, results are categorized into three:

Precontemplation
Contemplation/Preparation
Action/maintenance

Physical activity



Conclusion

This pragmatic approach shows promise for assessing motivational stage, though limitations remain as the method has not yet been validated. Importantly, this classification will also guide how study professionals tailor SMART goals for each participant.

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PROVEN-DIA
PROGRAMA DE PREVENÇÃO DE DIABETES



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