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Psychiatry Research

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Motives for physical activity in the adoption and maintenance of physical activity in middle-aged and old age outpatients with a mental disorder: A cross-sectional study from a low-income country

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Highlights

- 72% of older people with mental illness are physically inactive.
- Autonomous motivation is key to motivating older people with mental illness to be active.

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Abstract

Within the trans-theoretical model (stages of change) and self-determination theory frameworks, we investigated motives for physical activity adoption and maintenance in middle-aged and old age people with a mental disorder from a low-income setting. Ninety Ugandan outpatients completed the Behavioral Regulation in Exercise Questionnaire-3 (BREQ-3) to assess exercise motives and the Patient-centred Assessment and Counselling for Exercise (PACE) to determine stage of change. The relationship between motives for physical activity and stage of change was investigated using MANOVA with post-hoc Scheffe tests. Higher amotivation levels were observed in the pre-action compared with action and maintenance stages, while except for external regulation, all regulation scores were significantly lower in the pre-action compared with action and maintenance stages. There were no significant differences in levels of motivational types between the action and maintenance stage. The study provides a platform for future research to investigate relationships between motivational factors and physical and mental health outcomes within physical activity interventions for middle-aged and old age people with a mental disorder.

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Keywords

Physical activity; Exercise; Elderly; Motivation; Low-income country