A between sex analysis of self and proxy efficacy and its relationship with attendance at a community based chronic illness rehabilitation programme.

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Introduction

Physical activity is a principal intervention in primary and secondary prevention of chronic illness. While the benefits of community based rehabilitation is acknowledged the rate of attendance remains sub optimal. Self-efficacy is acknowledged to be a key factor relating to attendance and retention in rehabilitation but the construct of proxy efficacy, defined as one’s confidence in the skills and abilities of a third party to function effectively on another’s behalf, is less often studied. This paper forms part of a longitudinal observational study and examines the relationship between gender and “self” and “proxy-efficacy” and their potential role in attendance to a Community based chronic illness rehabilitation; MedEx Wellness.

Methodology

As part of a MedEx induction, all participants completed the MedEx Questionnaire and attendance at MedEx classes was monitored.

MedEx Questionnaire

- Demographics (Age, Gender)
- Factors associated with attendance to MedEx classes including:
  -Self efficacy for exercise[1] [2],
  -Proxy efficacy for exercise [1]

Attendance Monitoring

- Attendance was monitored by researchers from exercise session 1 for a period of 24 weeks.

Statistical Analysis

Data were input to SPSS, cleaned and checked for normality. Independent samples T-tests were used to identify groups differences on factors associated with attendance, and correlation analysis was used to identify correlations between both forms of efficacy and attendance.

Results

A total of 69 (56%, 44%) participants took part in this study with a mean age of 65.5 ±9.8 years.

- Mean proxy-efficacy and mean self-efficacy was found to be significantly greater in men compared to women (p<0.05).
- Mean proxy- efficacy was found to be higher than mean self-efficacy in both males (proxy-efficacy=8.7±1.2, self-efficacy=8.3±1.8) and females (proxy-efficacy= 7.7±2.2, self-efficacy=6.5 ±2.0) with no correlation between the variables.

When split by sex;

- Correlational analyses found a moderate significant positive correlation between proxy efficacy and number of weeks attended in the 24 weeks (r=.440, p<.05) in women with no correlation observed between self-efficacy and weeks attended.
- No correlations are observed between either form of efficacy and attendance in men.

Discussion and conclusion

Participants report greater confidence in the proxy agent than themselves as the agent. This was furthered in women with an association identified between proxy efficacy and 24-week attendance. These results suggest the importance of the proxy for women in a CBCIR setting but further longitudinal research should be carried out in the area of proxy efficacy and attendance at community based chronic illness rehabilitation programmes.

References:


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