

Multiple Sclerosis: Impact of Physical Activity on Psychosocial Constructs

Matthew A. Plow, PhD; Virgil Mathiowetz, PhD, OTR; Linda Resnik, PhD, OCS, PT

Objectives: To determine the impact of physical activity (PA) interventions and experience with PA on psychosocial constructs. **Methods:** PA, self-efficacy, self-identity, social support, and expected PA frequency were measured pre and post intervention in 39 persons with multiple sclerosis. **Results:** The MANOVA analysis indicated that self-efficacy and expectation decreased, whereas self-identity and PA improved ($P < 0.05$). Regressions analyses indicated pretest self-identity

($\beta^2 = 0.44$) and social support ($\beta^2 = 0.34$) were associated with PA. Posttest self-efficacy ($\beta^2 = 0.38$) and social support ($\beta^2 = 0.31$) were associated with PA ($P < 0.05$). **Conclusions:** The interventions and experience with PA caused changes in psychosocial constructs, which subsequently affected the correlation of these constructs with PA.

Key words: health-promotion intervention, health behavior, self-efficacy, exercise adherence

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