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Exploring pedometer use in adults with schizophrenia

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Aim: The purpose of this study was to explore pedometer-determined physical activity in adults with schizophrenia.

Methods: A prospective and observational design explored the pedometer-determined physical activity (PA) frequencies and patterns of adults, aged 18 to 60 years, recruited from a local clinic where patients with schizophrenia are managed. Subjects learned how to wear and properly use the pedometer to walk briskly for 30 minutes each day. Descriptive statistics included average hours calculated over the 2 week study with mean step counts recorded each day of the 14-day monitoring period to enable determination of any PA patterns. Motives for PA Measure-Revised (MPAM-R) and stress by Perceived Stress Scale (PSS) were assessed at baseline and 2 weeks.

Results: Fourteen subjects were recruited, 2 were dropped. Most subjects identified themselves as African American (n=12, 83.3%), average age 43.25±10.58 years; 13.5±1.78 years of education; and unemployed (n=10, 83.3%). Sample baseline data indicated 33.3% (n=4) were overweight and 66.7% (n=8) were obese. Subjects walked average 52.64 (SD=35) minutes each day week one, 56.07 (SD=26.47) minutes each day week two. Five subjects (42%) walked 30 minutes each day more than 5 days week one, 6 subjects (50%) week two. PA patterns exhibited repeated walking engagement approximately 3 days, back-to-usual sedentary habits. Highest exercise motive: Fitness (baseline mean=6.03±1.10; two week mean=5.72±1.03). No significant correlations were found between exercise motives and PA baseline-2 weeks respectively (p>0.05). Mean stress score: 1.97±0.72 baseline; 1.99±0.64 two weeks. Relationships between stress level and PA steps: Negatively associated baseline and 2 weeks (r=-0.02, p=0.96; r=-0.54, p=0.07).

Biography

Irene Kane is an Associate Professor of Nursing with extensive clinical, teaching and research experience in developing and teaching health promotion programs emphasizing disease prevention and health management to improve psychobiological wellbeing. She is a certified Screening Brief Intervention and Referral to Treatment (SBIRT) trainer with over 25 papers published in peer-reviewed journals and share SBIRT training knowledge, skills and outcomes to address substance use identification and brief interventions earlier along the continuum of use, misuse, abuse and dependence.

Heeyoung Lee has completed her PhD, PMHNP-BC in 2007 from University of Washington School of Nursing, Seattle. She is an Assistant Professor and the Psychiatric Mental Health Nurse Practitioner Program Coordinator at University of Pittsburgh School of Nursing. She has published 25 papers in peer-reviewed journals and has been serving as an Ad-hoc Referee for various nursing journals and Committee Member of professional nursing organizations.

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