

Intervention on the Exercise Factor by E-mail for Affecting Exercise Behavior among Nurses in a Medical Center

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Abstract

Purposes: Effects of a 6-months E-mail intervention for promoting the exercise behavior of nurses in a medical center were evaluated by a transtheoretical statistic model. **Methods:** During this study, the experimental group of 180 nurses was given with exercise information by E-mail each week for 6 months; while the control group of 180 nurses was not. By end of this experiment, using a structural surveying method, a designed list of questionnaires was sent to all participants to collect the data. Data were analyzed using the SPSS for Windows 13.0 statistic software package including the description statistic, t-test, one-way ANOVA, factor analysis, and Pearson correlation analysis. **Results:** Results showed that (1) Marital status, length of service, and exercised hurting related to self-retardation of exercise were varied significantly ($p < .05$); Of exercise benefit perceived, exercising stage changed, exercise self-retarded and exercised self-efficacy nurses related to individual participated in exercise club were varied significantly ($p < .05$), but no significant varies with individual's age and education ($P > 0.05$). (2) Analyzed by the Wilcoxon signed ranks test, after exercise messages intervention, the experimental group was improved and excelled significantly (35%) ($p < .05$) on parameters of decision balance, self-efficacy, processes and exercising stage change, while the control group showed no change significantly. (3) There were interaction significantly within groups by repeated measure analysis of variance (RM-ANOVA). (4) The exercise benefit perceived, stages of exercise changed, and self-efficacy nurses could be predicted by the exercise message intervention. **Conclusions:** In conclusion, the outcome of stage changed in exercise of nurses can be predicted rather efficiently with exercise message intervention sent by E-mail.

Key words: Perceived exercise benefit, perceived exercise retardation, exercise self-efficacy, stages of exercise, intervention, transtheoretical model.

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