

## عنوان مقاله:

Predicting Physical Activity Behavior among ICU Nurses based Predicting Physical Activity Behavior among ICU Nurses based

## محل انتشار:

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## خلاصه مقاله:

Aim: Regular physical activity has several physical, psychological and social benefits. However, it is a global health problem, especially among ICU nurses. Therefore, in order to improve nurses' physical activity, it is required to determine the effective correlat ed factors. The aim of this study was to delineate predictive factors on the physical activity of ICU nurses based on a trans -theoretical model (TTM) using path analysis. Method: Accordingly, in this cross -sectional study, 82 nurses from eight intensive care units of six hospitals in Guilan University of Medical Sciences completed the translated version of Global Physical Activity Questionnaire (GPAQ) and another questionnaire, which included a range of constructs from the TTM. Data were analyzed using biv ariate correlation and path analysis. Findings: It was revealed that self-efficacy ( $\beta=0.24$ ) and Pros ( $\beta=0.18$ ) had a direct effect on the participants' physical activities. It is important to state that self-efficacy was effective on the participants, behavioral physical activity both directly and indirectly. Totally, self-efficacy with the path coefficient of 0.62 was considered as the strongest predictive factor of physical activity among the ICU nurses. Conclusion: To enclose, the determined effective factors in improving the ICU nurses' physical activity were expected to be of more concern, especially self-efficacy as the strongest one.

## کلمات کلیدی:

Trans-theoretical Model, Physical activity behavior, ICU nurses

## لینک ثابت مقاله در پایگاه سیویلیکا:

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