

## عنوان مقاله:

Stages of Physical Activity in Patients after Coronary Artery Bypass Graft Surgery: Application of Trans-Theoretical Model

## محل انتشار:

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## خلاصه مقاله:

**Aim:** Continuous physical activity is required after coronary artery bypass graft (CABG) surgery to prevent recurrence of the disease; however, its amount is not suitable in many patients. The present study aimed to investigate the stages of physical activity in patients after CABG using the Trans-Theoretical Model (TTM). **Methods:** In this cross-sectional research, 120 cardiac patients participated; they had CABG surgery and referred to Ekbatan Hospital of Hamadan. Sampling was conducted using a purpose-based approach. Data were collected using a researcher-made questionnaire based on the TTM and analyzed using the SPSS18 software. Descriptive statistics and statistical processes of one-way ANOVA, Tukey s post-hoc, and Chi-square tests were also conducted at a significant level of  $p < 0.05$ . **Findings:** The mean age of the participants was  $57.87 \pm 9.89$  years. From the 120 patients under study, 4.2% were in the pre-contemplation phase, 14.2% in the contemplation stage, 58.3% in the preparation stage, 10.8% in the action stage, and 12.5% in the maintenance phase of the physical activity. The results of ANOVA test showed a significant difference between the stages of change in behavior with perceived advantages, perceived disadvantages, perceived self-efficacy, and processes of change ( $p < 0.001$ ). **Conclusion:** The results showed that many patients did not have regular physical activity after surgery. This makes clear the need for educational interventions based on .theoretical models by health educators

## کلمات کلیدی:

Physical activity, Coronary artery bypass graft surgery, Trans-theoretical model

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