

Publication

Adhärenz-Raten bei Interventionsprogrammen zur Bewegungsförderung älterer Menschen : ein systematischer Literaturüberblick

JournalItem (Reviews, Editorials, Rezensionen, Urteilsanmerkungen etc. in einer wissenschaftlichen Zeitschrift)

ID 2067507

Author(s) Kohler, A; Kressig, R W; Schindler, C; Granacher, U

Author(s) at UniBasel [Schindler, Christian](#) ;

Year 2012

Title Adhärenz-Raten bei Interventionsprogrammen zur Bewegungsförderung älterer Menschen : ein systematischer Literaturüberblick

Journal Praxis : Schweizerische Rundschau für Medizin

Volume 101

Number 24

Pages 1535-47

BACKGROUND: In order to introduce elderly people to be physically active, it is necessary to evaluate which types of exercise show a high adherence. Therefore, the objective of this systematic literature review was to determine adherence rates in intervention programs to promote physical activity in older adults. **METHODS:** Forty-six studies investigating the effects of aerobic, resistance, power, balance, Tai Chi training, and multimodal training were included following a systematic literature search. Adherence rates were evaluated using multiple linear regression analysis. **RESULTS:** No significant correlations were observed between adherence rates and exercise programs. However, there was a significant association between adherence rate and training frequency (-2,9%; $p=0,042$), training duration (-0,2%; $p=0,016$) and number of participants (-0,1%; $p=0,008$). **CONCLUSION:** To ensure a high adherence to training programs with older people, it seems that to a lesser extent the contents of training, but rather the training modalities (i.e., training frequency, intervention duration) and the number of participants appear to be of importance

Publisher Huber

ISSN/ISBN 0369-8394

edoc-URL <http://edoc.unibas.ch/dok/A6165080>

Full Text on edoc No;

Digital Object Identifier DOI 10.1024/1661-8157/a001129

PubMed ID <http://www.ncbi.nlm.nih.gov/pubmed/23184546>

ISI-Number MEDLINE:23184546

Document type (ISI) English AbstractJournal ArticleReview