

Physical activity to reduce cardiometabolic risk in adults with serious mental illness (PARCS Study): Feasibility and enjoyment of a mixed-methods clinical trial with peer counseling groups

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Introduction

- Approximately 13.1 million US adults have serious mental illness (SMI)¹
- Adults with SMI can have a reduced lifespan of 13-30yrs.²
- Outdoor physical activity (PA) improves health in adults with SMI.³⁻⁵
- Existing Group peer counseling services may provide a sustainable opportunity to help increase outdoor PA in adults with SMI.



Purpose

Test feasibility and acceptability of a park-based PA intervention in adults with SMI

Methods

- Data collection:** 2019 (W1); 2021 (W2A; W2B)
- Recruitment:** Adults with SMI were recruited through a peer counseling program.
- Intervention:** 45-minute park-based PA sessions occurred 3 days/week over 6 weeks. Led by ASCM-certified instructor

Measures

Feasibility: Session attendance

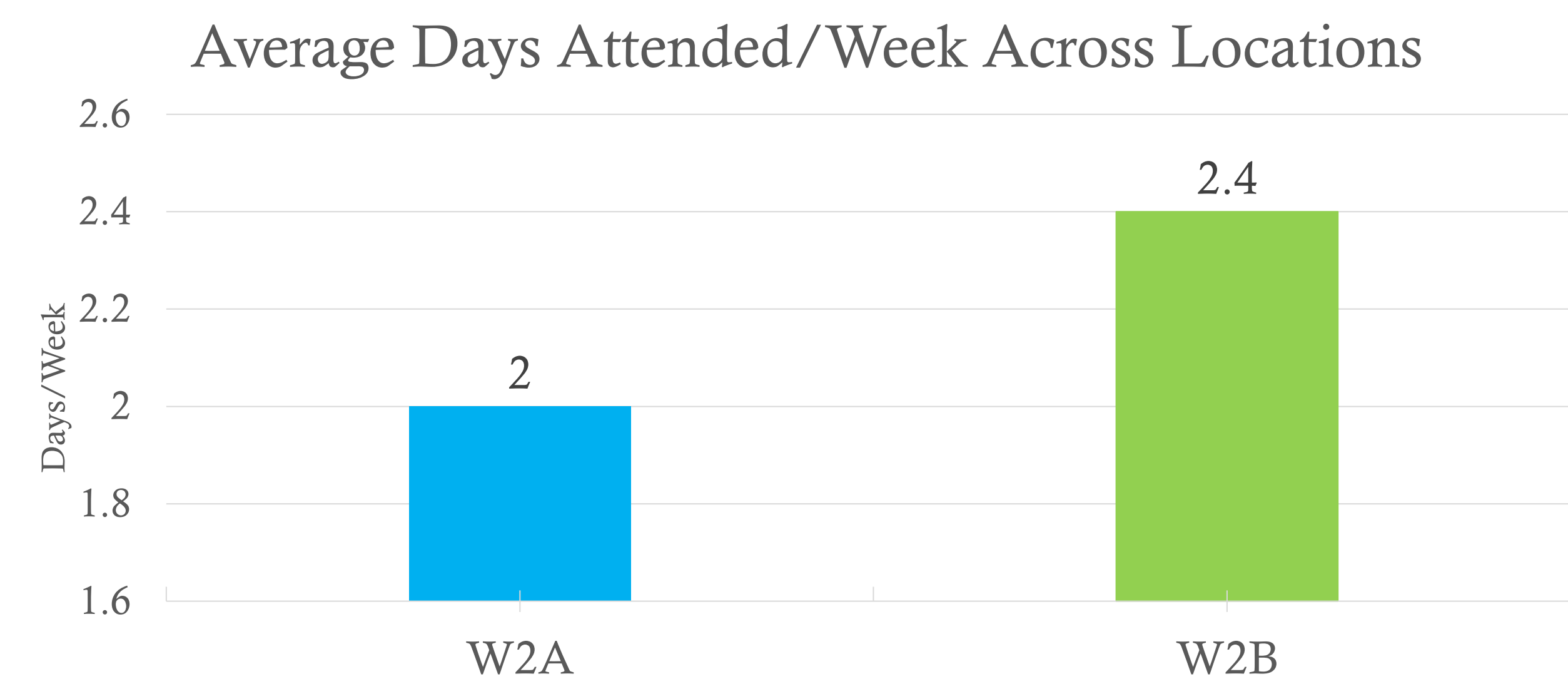
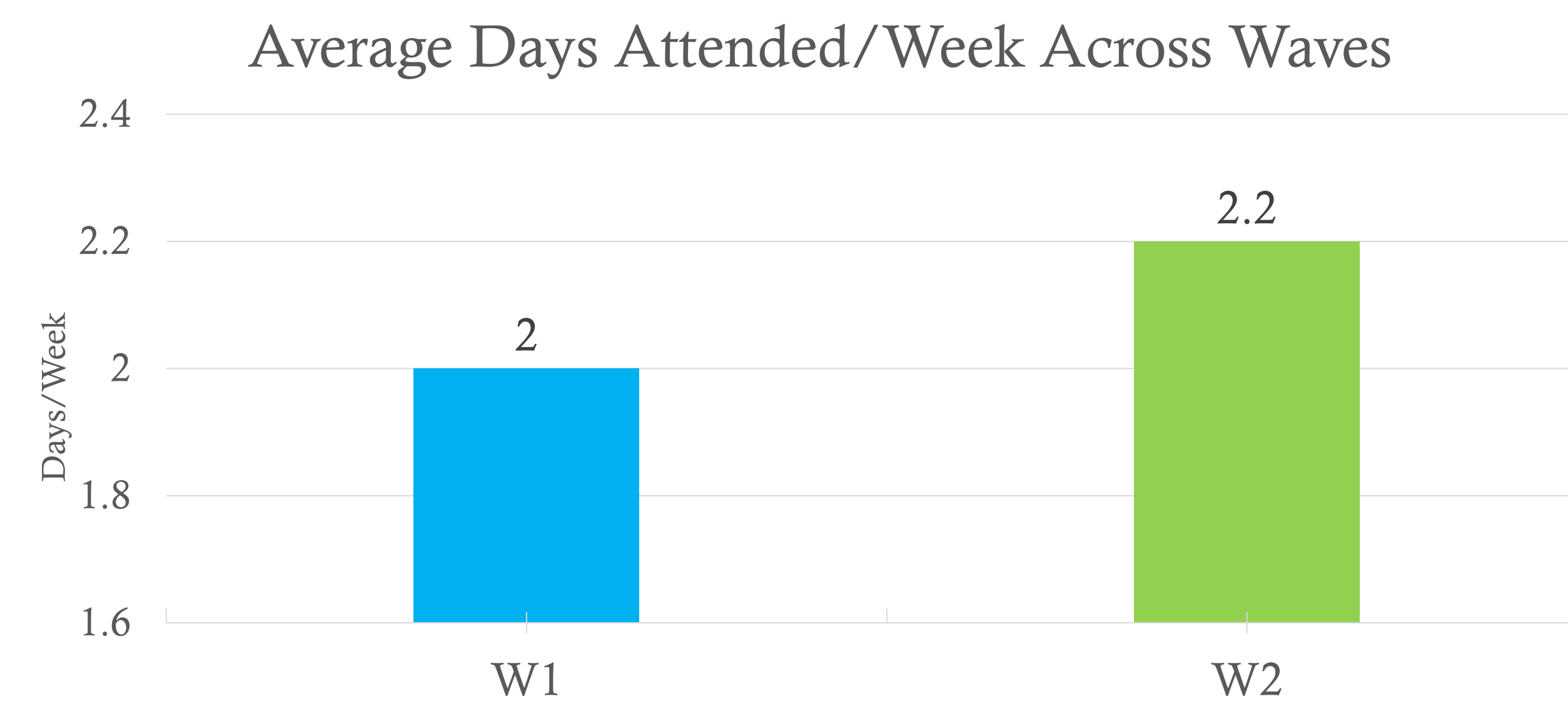
Acceptability: 5-point Likert enjoyment scale (1- did not enjoy, 5- enjoyed a lot; open-ended questions)

Hypothesis

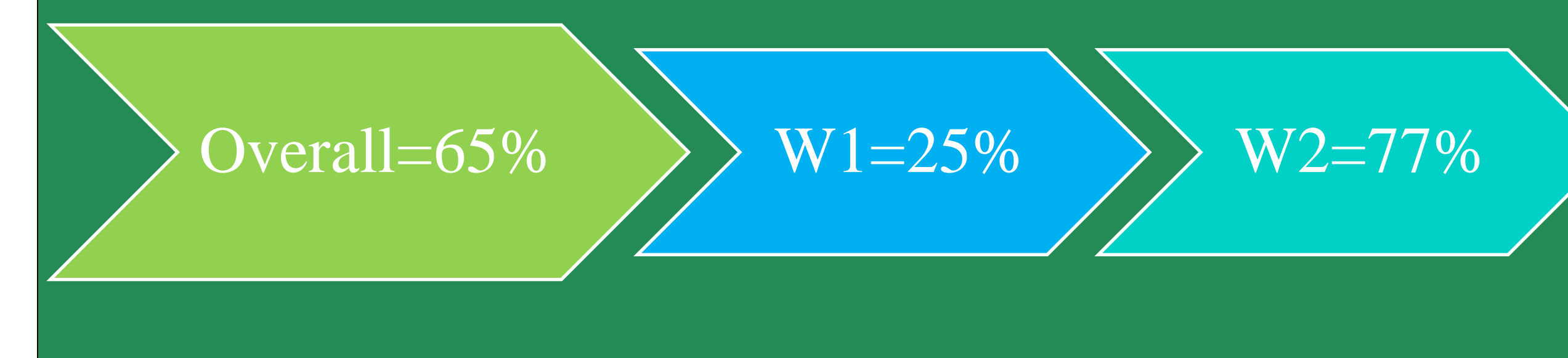
≥80% of participants will attend ≥2 sessions/week and report enjoyment score (≥4/5)

Results

- Sample Size & Demographics: n=4 in W1, n=6 in W2A, n=7 in W2B; 53% male, age 47±18 years, BMI 33.5±8.5 kg/m²



Percent of Participants that met Attendance Goal of ≥2 sessions/week



References

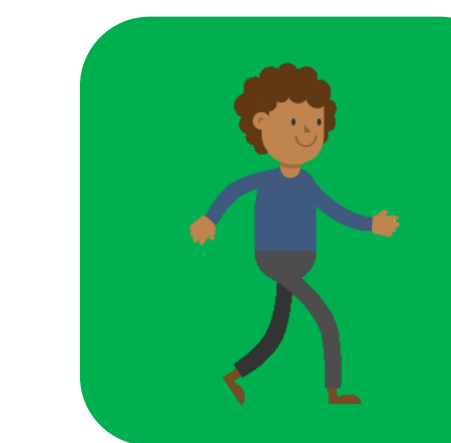
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Results

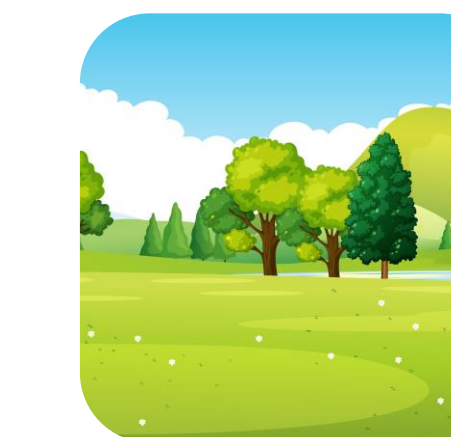
Average enjoyment across both waves and locations = 4.8/5.0

100% Met
Enjoyment
Goals

Elements Participants
Enjoyed Most



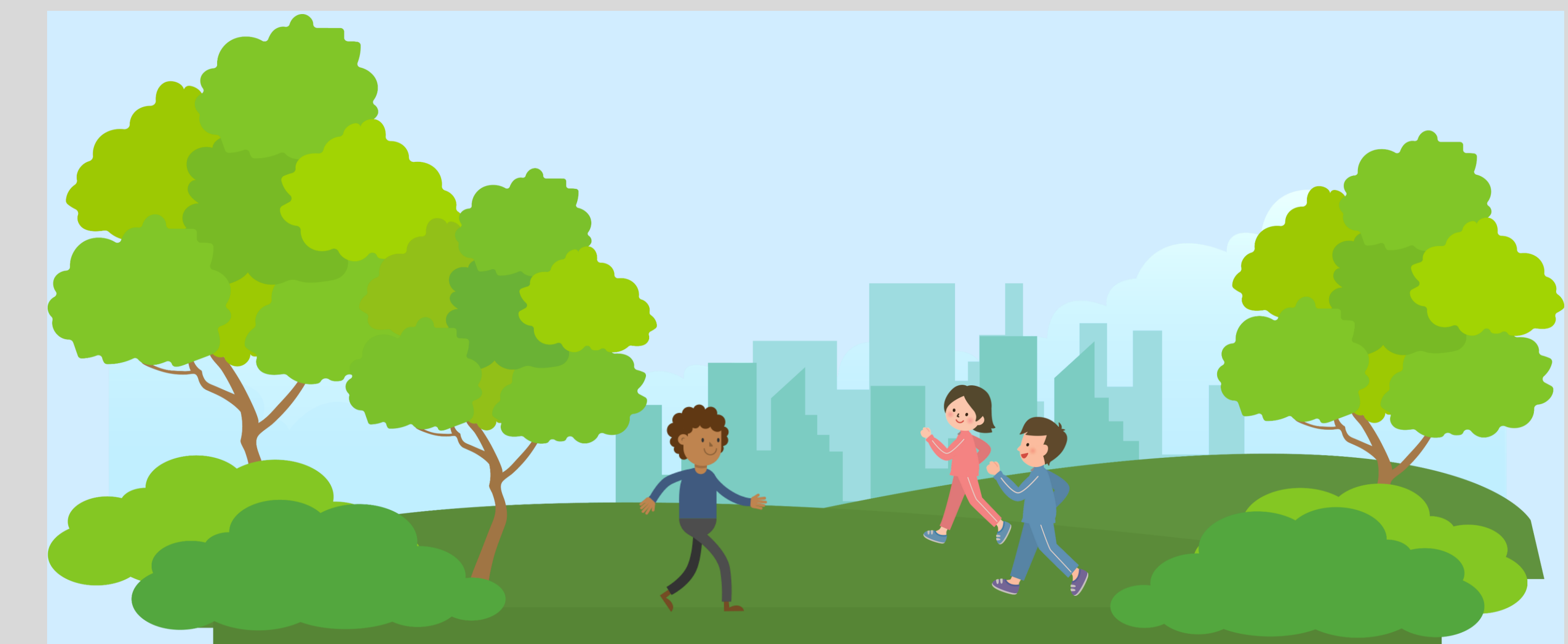
Walking



Being outdoors



Social
interaction



Conclusion

- Attendance improved markedly between waves.
- High enjoyment recorded across both waves and locations
- This study supports feasibility and acceptability of utilizing existing peer counseling programs as a means of increasing outdoor PA of adults with SMI.
- Future waves will consider incorporating peer counselors as PA leaders, examine facility-based factors driving attendance, and evaluate intervention elements that participants enjoy most.