Physical Activity Pattern and Related Factors among Shahed Employees
Based on Stages of Change and Social Cognitive Theory

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Introduction: The health benefits of a physically active lifestyle are well known. They include a lower risk of obesity, coronary heart disease and stroke, type II diabetes as well as colon and breast cancer. The purpose of this study was determine physical activity pattern and related factors among Shahed Employees based on stages of change and social cognitive theory.

Materials and Methods: This study is a descriptive-analytic research on 360 Shahed university employees (2016 year) in an age range of 20-72 years with mean age of 39.50 years with 9.50 SD. The instruments of data collection were demographic and standard scale of Seven-day physical activity recall (PAR), Stages of Change, and Benefits Scale & Barriers Scale. The Trans-Theoretical Model (TTM) guided instrument development. Data collection was analysis on SPSS 18.

Result: That 44.4% of participants were women and 80.6% were married. 28.9% were in the pre-contemplation stage and 21.5% were in the maintenance stage of regular physical activity. Also 22.2% of employees had regular physical activity. Weekly physical activity and stages of change significantly correlated with their education (p<0.001). There was significant correlation between self efficacy, benefits, barriers and environmental factors with weekly physical activity, stages of change and numbers of day per week (p<0.001).

Conclusion: The results indicated that the level of physical activity was not sufficient among employees. Therefore, it is necessary educational and environmental intervention to increase physical activity among university employees.

Keywords: Pattern of Physical Activity, Shahed University Employees, Stages of Change Model, Social Cognitive Theory.