

PECULIARITIES OF MOTIVATION TO CHANGE HEALTH BEHAVIOR. A QUASI EXPERIMENT EXPERIENCE

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Introduction: WHO highlights that the main reason for chronic non-infectious diseases prevalence is ischemic heart disease (IHD) (WHO, 2011). Lithuania is not an exception. Lack of physical activity, smoking, alcohol consumption and incorrect diet are the main unhealthy behavior types which are increasing IHD disease appearance risk (Chingachifwe et al., 2014; Grabauskas et al., 2015; Pietrabissa et al., 2015; Rinkūnienė et al., 2009). In order to achieve positive results in reducing unhealthy behavior manifestations, IHD patient's motivation for changes and self-confidence should be strengthened by the means of psychological methods (Rollnick, Miller, Butler, 2008).

Purpose: This study's goal is to analyze IHD patients' motivation during rehabilitation period and three months after. Also to compare how it changes for patients with or without psychological intervention.

Method: A quasi experiment was performed in rehabilitation hospital. Study's sample was chosen systematically and consisted of 362 IHD patients. 191 patients in experimental group were invited to change their health behavior during motivational interviewing based psychological counseling sessions. Comparison group consisted of 171 patients. Readiness to Change Questionnaire (Rollnick et al., 1992) was used at the beginning, at the end of rehabilitation and three months after it for evaluation of motivation to change health behavior.

Results: Blocked repeated measures ANOVA analysis revealed that motivation to change physical activity statistically significantly increased from the beginning of rehabilitation till it's end ($p=0.019$). Motivation to change diet habits statistically significantly increased between the beginning of rehabilitation and it's end ($p=0.001$) but decreased from the end of rehabilitation till 3 months after rehabilitation end ($p=0.043$).

Conclusions: Motivation to change unhealthy behavior is increasing during rehabilitation. However, it is decreasing after. The current results suggest that there is a lack of motivation since patients finish rehabilitation. Research was supported by the Research Council of Lithuania under Grant number MIP-081/2014.