

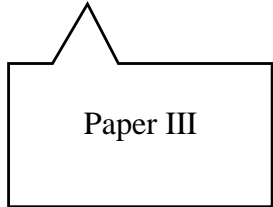
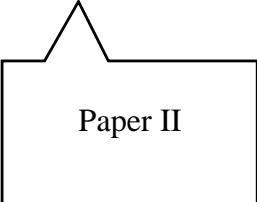
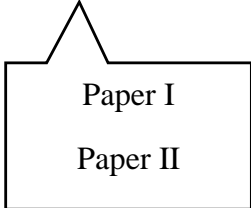
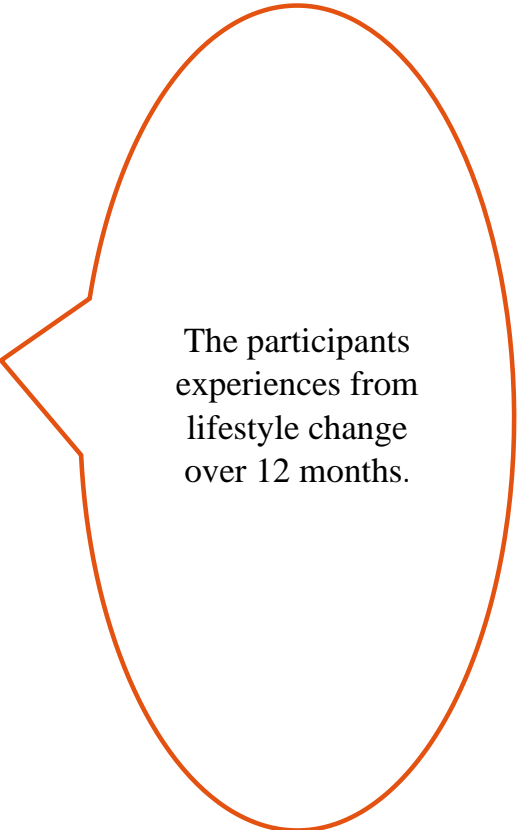
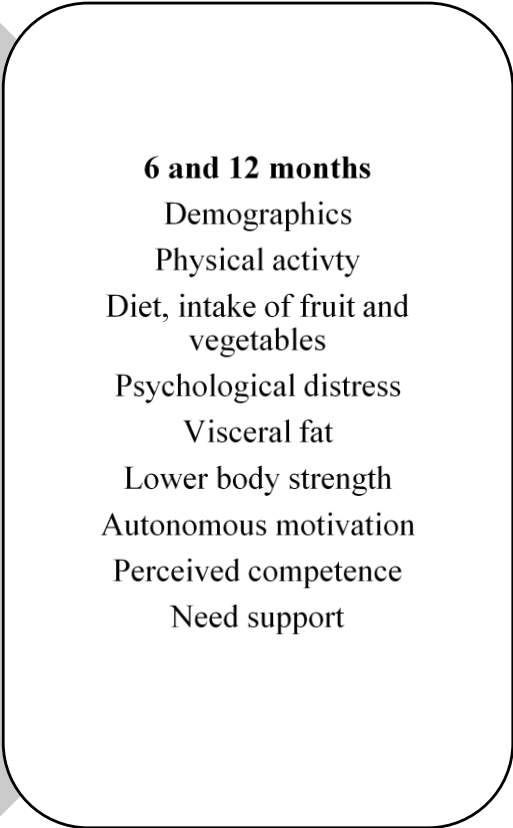
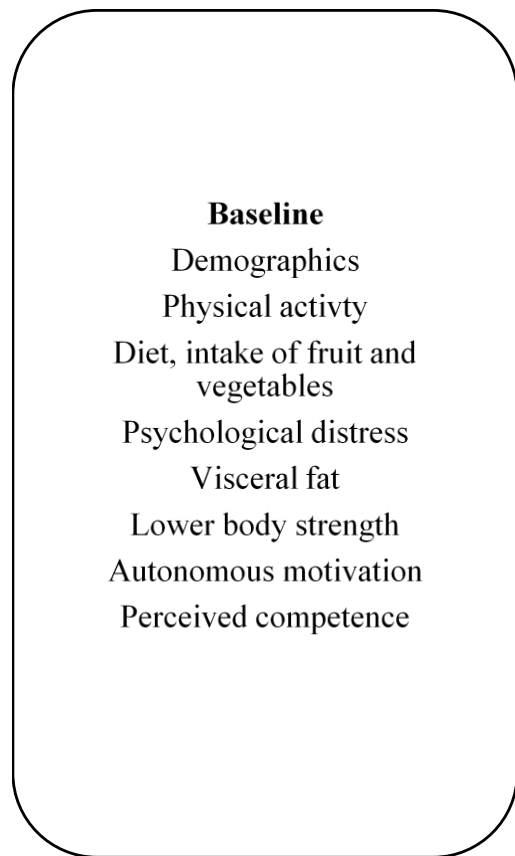


# Livsstilsendring gjennom et år

Deltagere i en Frisklivssentral sine erfaringer med endring av kosthold og fysisk aktivitet.



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# Initiation and maintenance of lifestyle changes among participants in a healthy life centre: a qualitative study

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## Abstract

**Background:** Since the early 2000s, Healthy Life Centres have been established in Norway to promote physical and mental health. Yet to date, little is known about the efficacy of Healthy Life Centres in promoting health behaviour change and maintenance or the factors that underlie these processes. Accordingly, the aim of the current study was to examine the factors that participants in a Healthy Life Centre perceive as relevant for the initiation and maintenance of lifestyle changes toward more physical activity and consumption of a healthier diet.

**Method:** Participants were purposely recruited from among adherers in a 12-month multi-method research project at a Healthy Life Centre. Individual, semi-structured interviews were conducted with 8 women and 6 men who were between the ages of 20 and 61 years old. Data were analysed using Systematic Text Condensation.

**Results:** Three main themes were derived from this analysis. The first theme focused on the motives behind initiation and maintenance of lifestyle changes along with the importance of a relationally supportive environment to promote perceived competence in pursuing a healthy lifestyle. The second theme focused on strategies for coping with the challenges and potential pitfalls that were associated with various unpleasant experiences and life events. The third theme focused on several specific skills that were helpful to the initiation and maintenance of lifestyle changes.

**Conclusion:** The current study enhanced an understanding of the initiation and maintenance of lifestyle changes, although these processes were not disentangled in participants' experiences. In line with self-determination theory, the results suggested that lifestyle change is more likely to be initiated and maintained when goals are not only achievable but also regulated with autonomous motivation and of intrinsic value. Conversely, lifestyle change is difficult to maintain when motives are external to the self. Further, cognitive and behavioural skills were valuable and necessary in coping with unpleasant emotions. Finally, the critical function of self-regulation skills for making realistic plans and prioritizations in order to balance healthy lifestyle behaviours with the routines of "daily life" while monitoring outcomes was readily apparent. Healthy Life Centres can contribute to these processes in meaningful ways.

**Keywords:** Emotional coping, Healthy life centre, Lifestyle change, Motivation, Qualitative, Self-determination theory, Self-regulation skills

# Bakgrunn for studien Hensikt Metode Resultat Konklusjon

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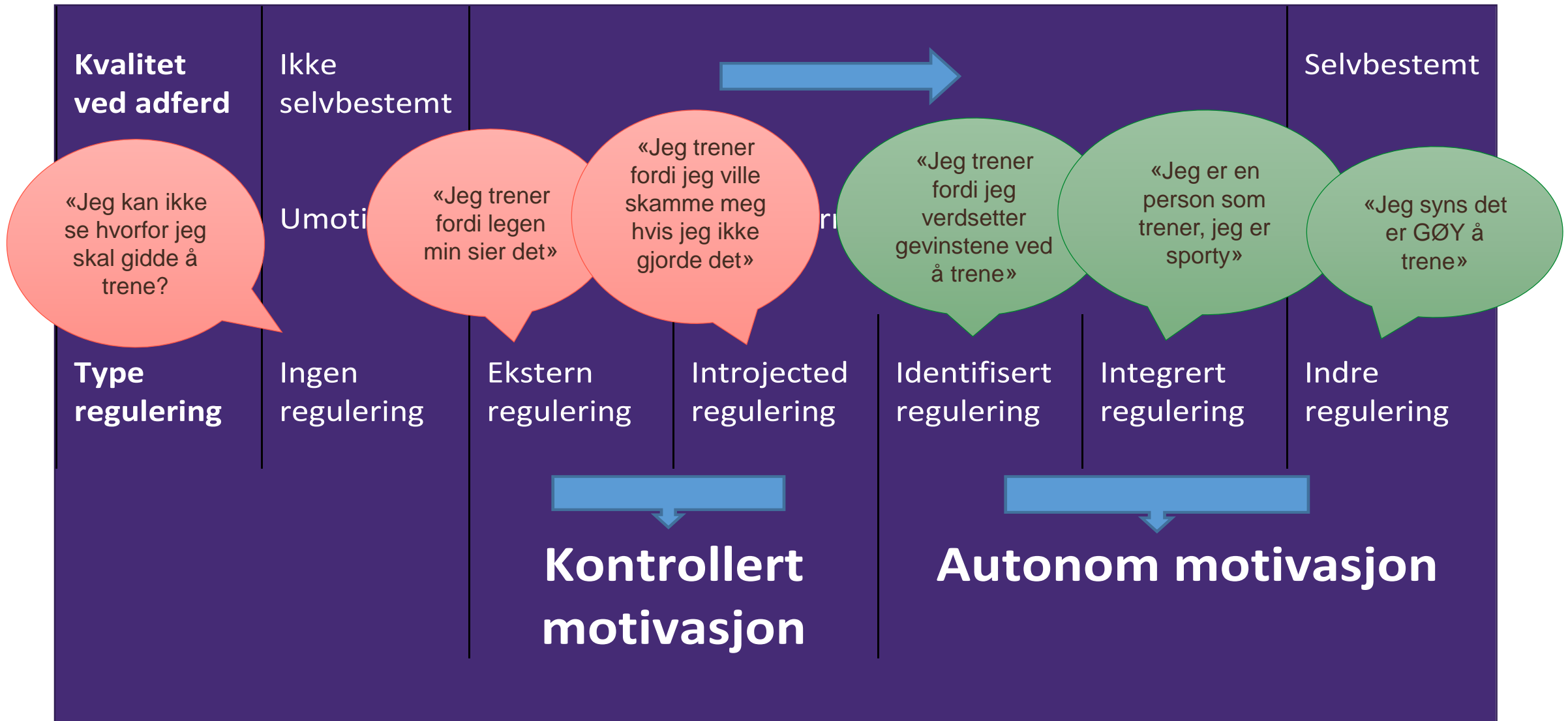
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# Bakgrunn

- Frisklivssentraler (FLS) - fremme helse og forebygge livsstilssykdommer.
- Strukturert tilbud; støtte til endring og mestring av helseutfordringer
- Primære tilbud: tobakk, fysisk aktivitet og kosthold.
- Tilleggstilbud: psykisk belastning, søvn, alkohol
- Helhetlig og ressursorientert, mål å øke bevissthet om egen situasjon og motivasjon for å endre atferd. Sentrale verdier er empati, respekt for selvbestemmelse og egne valg.
  
- Tidligere forskning relevant for denne presentasjonen:
  - ✓ Følling m. fl. (2015); emosjonelle belastninger barriere for endring.
  - ✓ Salemonsens m.fl.(2018); det er nødvendig å adressere emosjonelle problem og verdighet.
  - ✓ Salemonsens m.fl. (2020); ved livsstilsendring er relasjonell, emosjonell og sosial støtte nødvendig *over tid*.

# Motivasjon og selvbestemmelse



## Hensikt

*Utforske faktorer som deltagere i en FLS opplever relevant for å igangsette og vedlikeholde livsstilsendringer rettet mot mer fysisk aktivitet og et sunnere kosthold.*

# Metode

- Individuelle semistrukturerte intervju med deltagere i en FLS gjennom et år.
- 14 informanter; god variasjon mtp demografiske karakteristikk, flertall har høy BMI (> 30)
- Informantene kunne velge hvor intervjuene skulle finne sted, alle valgte FLS.
- Intervjuguide
- Gjennomsnitt 42 min (21 min – 100 min)
- Malterud's Systematiske Tekst Kondensering, 4 faser.
- 5 forskere med variert bakgrunn med i ulike faser av data analysen.

Gender	
Male	6
Female	8
Age (in years)	
20–30	4
30–40	4
40–50	2
50–61	4
Education	
Completed secondary school	8
Completed bachelor's degree or higher	6
Diagnoses self-reported	
Yes (fibromyalgia, ileostomy, diabetes, high blood pressure, asthma, chronic kidney impairment, vocal cord impairment, narcolepsy, depression, ADHD, and dystonia)	8
No	6
Work status	
100% capacity	6
Reduced capacity	4
Student	2
Sick leave	2
BMI <sup>1</sup> category (value)	
Normal weight (18.5–25)	2
Overweight (25–30)	1
Obese (> 30)	11
Symptoms of psychological distress <sup>2</sup>	
Yes	5
No	9

# Resultat



Motivasjon og støtte



Veien mot mål - selvregulering



Mestring for emosjonell balanse





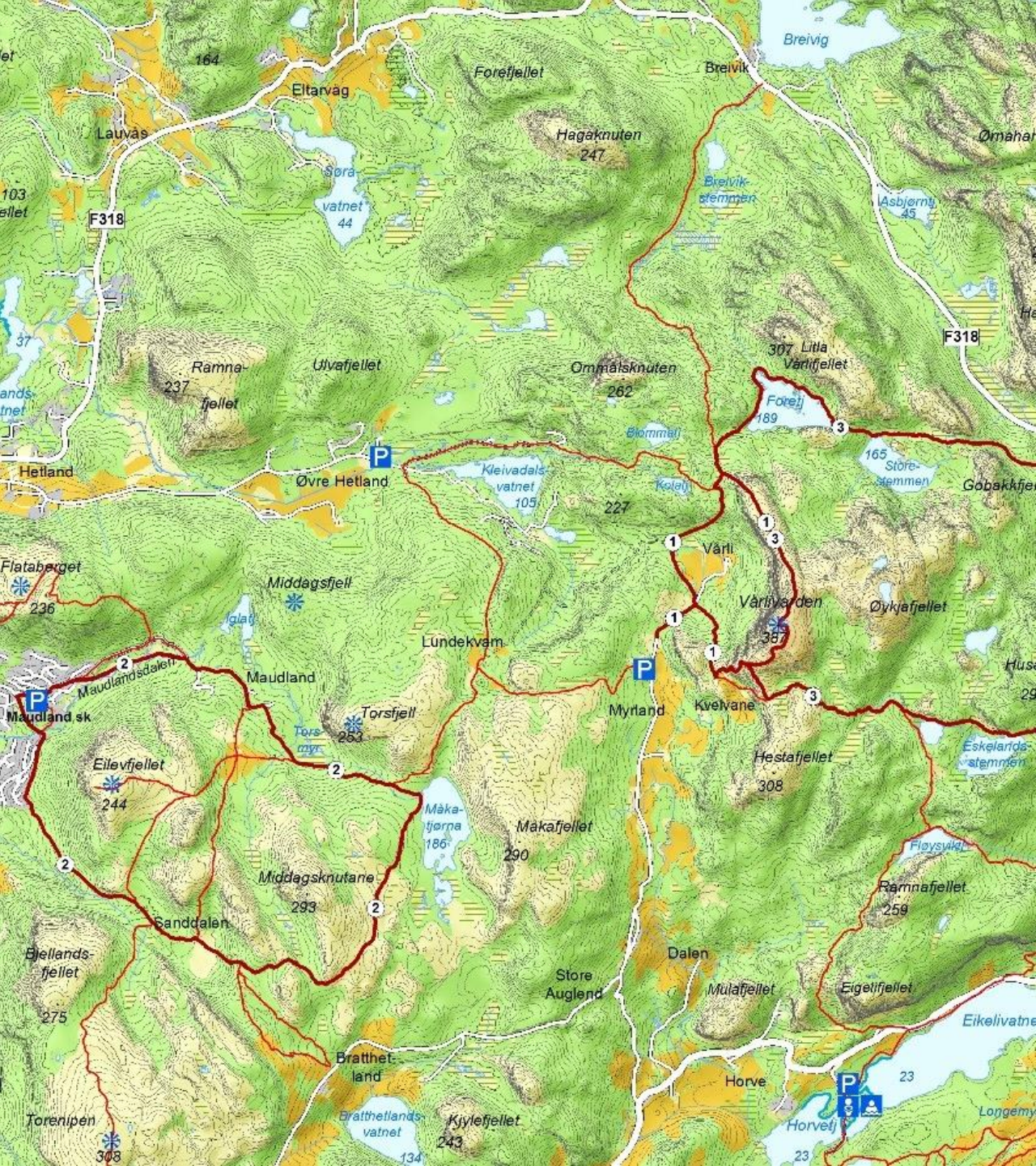
# Grunnleggende motivasjon og støtte

..flaut å være så usunn  
...hater det, men gjør i det minste  
noe bra for samfunnet  
...bestemor bestemte

... får overskudd og bedre  
helse av det  
..jeg er Mr Friskus

Det er så gøy!  
Jeg elsker det, blir helt oppslukt.





# Veien mot mål - selvregulering

Hvor skal jeg?

Hva må jeg gjøre for å komme dit?

Er jeg på rett vei?



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# Mestring

Stress, sykdom, skader, dårlig selv-bilde, vanskelige relasjoner, ensomhet og depresjon er eksempler på utfordringer vi mennesker møter i livet. Disse utfordringene representerer potensielle fallgruver for å opprettholde livsstilsendringer.

To **strategier for å mestre** utfordringene og oppnå bedre emosjonell balanse:



En tur gjør meg godt, og klarer tankene.

## Handlinger

Yoga, trening, være sosial, meditere, ta et bad, spise sunn snack, lese, oppsøke naturen....

## Tanker

Snu svart-hvitt, aksept, positiv visualisering, justere forventninger, frigjøre seg fra skam....



# Konklusjon

Autonom motivasjon og støtte er viktig for å klare å igangsette og opprettholde livsstilsendringer.

Men, det er ikke nok.

Det kreves også gode selv-regulerings ferdigheter mtp å sette mål, legge planer og følge med.

Og sist, men ikke minst; det kreves kompetanse i hvordan en kan *handle* og *tenke* for å mestre stress og utfordringer på bærekraftig vis.



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**Takk for oppmerksomheten**



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