

Article Review

1. Formulation of Problem

- a. State the issues or general problems being addressed

“Severe mental illness and health Increased physical health problems for people with Severe

Mental Illness (SMI) are well documented and pose tremendous health and lifestyle concerns, therefore promoting healthy living is pivotal for lives of people with SMI”

- b. State purpose of the study

- 1) Health-related quality of life and psychosocial factors
- 2) Develop exercise routine with people with Serious Mental illness in clubhouse program

primary purpose of this study was to examine changes in Health-related Quality of Life (HRQOL) and selected healthrelated psychosocial factors (i.e. health motivation; health self-efficacy and self-esteem), which are associated with the level of physical activity in the CSE program. Second, this study explored developing an exercise routine among people with SMI participating in the CSE, who are diagnosed with SMI

2. Research Questions and hypothesis

- c. List the research question(s)- If researchers did not address it in the paper, you should create it.

(1) Does participation in the CSE Program have positive effects on perceived physical and mental health of the participants?

(2) Is participation in the CSE Program associated with increases in health-related psychosocial factors

- d. State the research hypotheses- If researchers did not address it, you should create it.

3) Important Factors identified in the study.

- a. Specify the following factors- Target problems (= dependent variable(s); e.g., suicidal ideation), Factors associated with or affect the target problems (= independent variable(s); e.g., social network) and the study population (e.g., domestic violence victims who use the service).

Dependant Variables- Health motivation in physical activity scale

Health self-efficacy in exercise scale

Independant variables-

Study population-

People over the age of 18 that are black and white, all have mental illness

b. Is there sufficient support that the current study addresses a weakness or a gap in previous research? Why? Yes There needs to be more reserach conducted for causal client outcomes and the program

4) **Research Design**

- a. Qualitative or quantitative? Mixed Methods ,Both used cocurrently
- b. Exploratory, descriptive, or explanatory? Exploratory,discriptive
- c. Cross-sectional or longitudinal? Cross sectional
- d. Discuss whether this design is appropriate to address the research question (e.g., is this the best design for addressing the question? Or do you want to suggest a different design?)

I believe this is the best design for addressing the question.

5) **Sampling**

- a. Describe the target population, the study population, and sample size
- b. Sampling design: Probability or non-probability?

Non-Probablility

Purposive sampling

- c. Discuss eligibility and inclusion criteria if applicable

1) Over the age of 18.

2) Diagnosed with severe mental illness

3) Medical permission from a primary care physician for exercise.

4) Ability to attend at least two group exercise programs per week.

d. Describe the major strengths and limitations of sampling plan

Attendance at the CSE Program two times a week for 4 months

Health self-efficacy in exercise scale

Health ability and exercise

6) Conceptualization and Measurements

a. List major variables in the study (e.g., independent, dependent, controlling, moderating, and mediating variables)

Predictive measurements

Health related quality of life

Severe mental illness

Health motivation

Health intention

Persistence motivation

Health self efficacy

Self esteem

b. Describe the operational definitions of the major study variables (this is regarding how to measure the variables)

Health motivation in physical activity scale predicts physical activity

Health Motivational Tendency

Health Intention

Action Initiation Motivation

Persistence Motivation

c. Is there any evidence of the reliability and validity of these measures in the paper?

Yes, there is. Substantial reliability. 0.70

d. Discuss the major strengths and limitations of the measures.

7) Data Collection

- a. Discuss when, where, how, and by whom data were collected

“ The survey was conducted for the Genesis Club and the Independence Center in January 2013. The post-test was in May 2014. The survey was administered by this researcher, a PhD Candidate at Simmons College, and informed consents were collected.”

Interviews March 2014 to April 2014, during the Program. All interviews were face-to-face and tape recorded.

- b. Discuss the major strengths and limitations of the data collection plan

N/A

8) Findings and Discussion

- a. Briefly summarize the main findings of study

Exercise has an effect on a persons self esteem. Which has effects on the clients mental health. Those that exercised had better self-esteem. Among people with mental illness it is important to establish an excise routine for higherr motivation and self esteem.

- b. Did the results match the study hypotheses?

Yes

- c. Are implications for practice and/or policy discussed?

Yes there are 400 clubhouses that will impliment excercise routines, to help people with Severe mental illness.