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Article Review Paper

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Formulation of Problem

State the issues or general problems being addressed: The issues that are being presented within this article are the staggering amount of physical health related problems that plague people with serious mental illnesses (otherwise known as SMI). These issues were frequently documented by numerous researchers striving to find a solution to this life-threatening dilemma. People with SMI, combined with a very inactive life style are at serious risk of premature deaths and the life expectancy for these people have been lowered to 25-30 years of age. Proper physical health should be taken into consideration, and is just as important as maintaining proper mental health.

State the purpose of the study. The purpose of the study is to showcase the dangers of people with SMI and a severe lack of physical exercise which can drastically shorten their life spans. The article includes the widely known theoretical models called “the Health Belief Model”, “Protection Motivation Theory”, “Theory of Planned Behavior”, and the “Social-Ecological Model of Health” are all models utilized to show the importance of exercise and reestablishing a healthy mentality for people who are suffering from numerous health related complications. Researchers have also mentioned that improving one’s physical state will improve their self-esteem, which in turn will improve their motivation to continue improving themselves and those around them. An excerpt from the article to back this up “Overall, in order to increase and maintain physical activity, an individual needs enough perception, awareness, motivation and belief about his/her ability to control his/her health (Buhagiar, Parsonage, & Osborn, 2011; Rimer & Glanz, 2005).”

Research Questions and hypothesis. List the research questions- if researchers did not address it in the paper, you should create it. The research questions are as follows “The following research questions were developed to understand the influence of the CSE Program on HRQOL and health-related psychosocial factors: (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 (i.e. health self-efficacy, health motivation, and self-esteem)? Open-ended interviews were used to explore the following research question: how do members experience the motivational and behavioral process of adopting and maintaining an exercise routine during participation in the CSE?”

State the research hypothesis. The secondary aim is to illustrate the motivational and behavioral processes of exercise routine adoption and maintenance of physical activity based on the clubhouse support system. This researcher referred to existing behavioral health promotion models to design the program logic model of the CSE Program.

The primary aim of this study is to explore whether participating in the CSE program affects a clubhouse member's HRQOL and health-related psychosocial factors, which are associated with health behavior changes.

Important Factors Identified in the study. Specify the following factors- target problems (=dependent variable(s); e.g., suicidal ideation), network) and the study population (e.g., domestic violence victims). The target problems in this case study would be SMI and physical health complications and the study population are people aged between 25-30 experiencing these complications.

Is there sufficient support that the current study addresses a weakness or a gap in previous research? Why? The research hypothesis states that there is a relationship between the members participating in the CSE program and their health behavior changes. I believe that the connection between these two are for their benefit as they are working to improve themselves.

Research Methods

Qualitative or Quantitative? This article used the Mixed Method Research Design which combines elements of qualitative and quantitative.

Exploratory, descriptive, or explanatory? Descriptive methods designs are used when qualitative and quantitative data are collected.

Cross-sectional or longitudinal? Longitudinal.

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 that the mixed research methods design is beneficial for addressing the research question because it allows researchers to gather statistics on the target population (in this case, people suffering from SMI and poor physical health) by conducting surveys as well as focus groups simultaneously. This will help them to maximize their resources and time into solving the issue at hand.

Sampling

Describe the target population, the study population, and sample size. The target population are individuals aged between 25-30 years and are experiencing SMI and poor physical health conditions. The study population in this case are individuals with SMI who are participating in the CSE program through the clubhouse model. As for the sample size, the sample population who were qualified are individuals who are over the age of 18, diagnosed with severe mental illnesses, have received medical permission to exercise from their doctors, and the ability to attend at least two group exercise programs a week.

Sampling design: Probability or non-probability? Also, specify the type of sampling technique used in the study, if applicable (e.g., a probability sample using simple random sampling, a probability sample using two-stage random-digit-dial design or a non-probability convenience sample) Non-probability as each individual has to be qualified in order to participate in the experiment in the first place. The type of sampling technique used in the study is consecutive sampling. This is when a criteria must be fulfilled by the individuals who wish to participate in the experiment as this will help their results to be more accurate.

Discuss eligibility and inclusion criteria if applicable The criteria that must be met are that individuals must be over the age of 18, diagnosed with severe mental illnesses, have received medical permission to exercise from their doctors, and the ability to attend at least two group exercise programs a week.

Describe the major strengths and limitations of sampling plan I believe that the major strengths for the sampling plan are that by having participants be eligible by fulfilling a certain criteria, the results will be much more effective and accurate as the researchers will receive the data they are searching for as the choices are narrowed down. As for the limitations, I believe that by having the criteria include various requirements, it may limit the amount of participants available to be included in the sampling process and the researchers may potentially not receive the number of participants they need.

Conceptualization and Measurements

List major variables in the study (e.g., independent, dependent, controlling, moderating, and mediating variable) The independent variable is the exercise program held at the Independence Center. The dependent variables are the participants required to exercise at least two days per week. The controlling variable would be 16 weeks of exercise, 2 days a week, and 1 hour of mixed aerobic exercise, flexibility, and weight training. The moderating variable would be the coaches motivating participants to get through their exercises. The mediating variable would be the participants finding a reason to exercise, which is to prolong their lives.

Describe the operational definitions of the major study variables (this is regarding how to measure the variables) The operational definitions of the major study variables in this case would include gathering the total amount of days each participant has exercised per week and ensuring that their 1 hour of exercises would be fulfilled. Is there any evidence of reliability and validity of these measures in the paper? The following excerpt are from the article that describes the Internal Consistency Reliability “In order to find an internal consistency reliability of each group of items other than the SF-12 scales, Cronbach’s coefficient alphas were measured by using the SPSS program. Most groups show substantial reliabilities (α 0.70), but health intention in post-test and health self-efficacy have weak reliabilities. There was sufficient evidence that SF-12, which is a briefer version of SF-36, is a reliable and valid tool for evaluating perceived mental health and physical health in people with SMI. The test-retest reliability for SF-12 among people with SMI was tested by intraclass correlation coefficients (ICCs) and shows substantial reliabilities for both the MCS (ICC= 0.37) and the PCS (ICC=0.80) (Salyers et al., 2013).”

Discuss the major strengths and limitations of the measures. The strengths of the health motivation physical activity scale is to record the changes in the participant's motivation, self-esteem, self-confidence in their abilities, and the overall result of the amount of exercise they endured throughout their duration. The limitations of the measures would include that the post test results are considered to have weak reliabilities.

Data Collection

Discuss when, where, how, and by whom data were collected (e.g., face-to-face interviews, telephone interviews, mail surveys, web-based surveys, self-administered questionnaires, or case record reviews?) "Predictive measurements for health-related psychosocial factors and HRQOL were used and analyzed with a paired sample t-test. The survey was conducted for the pre-test at the Genesis Club and the Independence Center in January 2013. Post-tests took place in both clubhouses in May 2014. The survey was administered by this researcher, who is a PhD Candidate at Simmons College, and informed consents were collected."

Discuss the major strengths and limitations of the data collection plan T-tests are very limited in terms of actually utilizing it because they could only be used when comparing the means of two groups. If researchers want to larger groups or multiple, other tests can be used than T-tests.

Findings and Discussion

Briefly summarize the main findings of the study The main takeaway from the study is to showcase the importance of maintaining a moderate to vigorous level of physical activity for individuals suffering from SMI. This is because physical activity helps to relieve people's mental distress. Studies have shown that physical activity based interventions have a large benefit for people with SMI and help boost their self-esteem levels, motivation and self-confidence.

Did the results match the study hypotheses? Are implications for practice and/or policy discussed? The results match the study's hypotheses because the article states that the CSE programs at the Genesis Club and Independence Center has helped their members pay more attention to their physical health conditions and encouraged them to change their life style to become healthier. Despite the limitations, this study was a success as it brought many positive impacts of the CSE model in a variety of areas. The following is an excerpt from the article showcasing their findings results for the study. "Our findings can be applied to approximately 400 clubhouses all around the world to develop or evaluate their own exercise programs. Furthermore, findings can also be generalized beyond the clubhouse model to other mental health service programs. Qualitative findings from interviews provide information of what the benefits of an exercise program are and what makes people with SMI to develop an exercise routine. We believe that replicating the CSE program will help other mental health service programs develop a strong exercise program for people with SMI. Finally, these findings can inform policymakers and mental health professionals who provide wellness services and programs for people with SMI. Research suggests that mental health service providers should consider integrating a physical activity concept into their services, and policy makers should support this movement."

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