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Social Work Research Method

Doctor Moon

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-Formulation of Problem

State the issues or general problems being addressed.

The general problem addressed in research titled, “Developing an Exercise Routine among People with Serious Mental Illness in the Clubhouse Structured Exercise Program” By Doctor Moon is the multiple health and mental health needs of adults with serious mental illness.

-State the purpose of the study.

The purpose of the study is to examine changes in adult’s health related quality of life (HRQOL) and selected health related psychosocial factors such as health motivation, health self-efficacy and self-esteem which is greatly associated with the level of physical activity in the CSE Program.

Research Questions and Hypothesis

The following research questions were developed in the study: (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)? On the other hand, due to the aim to address the motivational and behavioral processes of exercise routine a the following research questions was developed, how do members experience the motivational and behavioral process of adopting and maintaining an exercise routine during participation in the CSE?

The hypothesis: Developing an exercise routine among people with serious mental illness in the clubhouse structured exercise program improves quality of life and health related psychosocial factors.

Important Factors Identified in the Study

-Specify the following factors:

The target problem is that previous research findings indicate that individuals with SMI have a shorter lifespan and greater co-morbid physical health problems. The factor is associated with unhealthy inactive lifestyles, low physical activity rates, health complications such as obesity, and etc. The study population is being affected due to having severe serious mental illness.

The current study has demonstrated through its study that exercise routines among SMI participants in rehabilitation improved health concerns which have been addressed as weaknesses in previous research. As in previous studies, it has been found that people with SMI tend to be physically inactive and more likely to develop physical diseases such as obesity and diabetes. Regardless of such side effects, the study addressed outcomes that would improve SMI lives.

#### Research Design

- Qualitative or quantitative? “Developing an Exercise Routine among People with Serious Mental Illness in the Clubhouse Structured Exercise Program” used a mixed method to find changes in health related outcomes through pre- and post-testing, additionally with the purpose to gather qualitative information for the study. Qualitative and quantitative methods were implemented in the study.
- The design is appropriate to address the research question, as the research focuses on the impact of CSE programs in health related psychosocial factors. The study focuses on how clubhouse members integrate physical activities into their daily lives, for the purpose of promoting a healthy lifestyle.

#### -Sampling

- Describe the target population, the study population, and the sample size

The target population are Serious Mental Illness individuals that pose tremendous health and lifestyle concerns. The study population were ClubHouse members who met the criteria, over the age of 18, diagnosed with severe mental illness based on a diagnostic and statistical manual of mental disorder, medical permission from primary care physician for exercise and able to attend at least two group exercise programs a week. Those who qualified, 12 members of the Independence Center and 13 members of the

Genesis Club volunteered. The sample size of 25 volunteers for the study. Please note that a purposive sampling approach was used to assess participants for the study. 60 % were females and 40 % were male members, 19 out of 25 participants were white and 6 were black.

- For the study a purposive sampling approach was used concerning the participants in the CSE program. A paper-based, self administered survey to collect quantitative data was conducted in the study. A physical activity scale was used in the survey which was assessed to participants, which considered four subscales.

The major strength of the study is that both quantitative and qualitative was applied in the study. Besides its strengths which greatly influenced the findings regarding the impact of CSE Programs there were limitations. Two key limitations were the sample size and time. Due to the small sample size and the short duration of the CSE Program, there was difficulty in finding significant changes in results.

#### Conceptualization and Measurements

The independent is the exercise routine. The dependent is the motivation of the participants. A limitation in the study was the lack of the control group within the study.

#### -Data Collection

- The survey was conducted at the Genesis Club and the Independence Center for the Pre-test in January of 2013. Please note that the Post-tests took place in both clubhouses in May of 2012. A Phd Candidate of Simmons College administered the survey, as well information was collected. Due to the sample size the researchers combined both samples from the Independence Center and Genesis Club, rather than compare the samples.
- The data was collected through interviews, face to face and tape recorded. The qualitative interviews were held with four members and one staff member of the Genesis Club from March 2014 to April 2014, while the CSE Program was in progress.
- A major strength is that data was collected using both qualitative and quantitative methods. The interviews were qualitative. As well, there were face to face

interviews with the sample size, target population for the study. A limitation of the data collection plan would be the small sample size of the study.

#### -Findings and Discussion

The study titled, “Developing an Exercise Routine among People with Serious Mental Illness in the Clubhouse Structured Exercise Program” highlights the importance of developing exercise routines for SMI which change health. In conclusion, the study did demonstrate the positive impact of CSE. As there were improvements to the participants psychosocial factors which associate to changes in their health behavior while volunteering in the study. As the participants generated significant improvement, as they increased motivations in physical activities, and self-esteem was improved. During the interview process, participants reported changes in their health outcomes and lifestyle.

Did the results match the study hypotheses? Are implications for practice and/or policy discussed?

The results match the study hypothesis, as the findings did in fact reflect changes in health related quality of life and psychosocial factors of the participants in the CSE Program. Both clubhouses due to the study demonstrated the effectiveness of CSE in the lives of adults with serious mental illness. The study greatly focused using physical activity intervention to improve mental health services, which through its rehabilitation program for SMI individuals. Additionally, the research highlights the importance of applying, developing, and evaluating exercise programs as it will in fact help people with severe mental health issues around the world.