

Mardi 30 avril 2019 de 14h à 15h30
Amphithéâtre de la Maison Jean Kuntzmann
110 rue de la Chimie, 38400 Saint-Martin-d'Hères.

**Conférence du Professeur Lawrence BRAWLEY
(University of Saskatchewan, Canada)**
**Les mécanismes du changement comportemental
dans une perspective de santé**



Présentation du conférencier :

Titulaire d'une chaire de recherche du Canada de niveau 1, membre de l'Académie canadienne des sciences de la santé, le Professeur Brawley dirige le laboratoire Russ Kisby de promotion de la santé et de prévention des maladies chroniques. Ses recherches portent sur les mécanismes psychosociologiques qui contribuent à l'adoption de l'activité physique dans le cadre (1) d'un changement de mode de vie et (2) de l'autogestion de maladies chroniques. Il élabore et implémente des programmes d'intervention novateurs visant un maintien à long terme des changements comportementaux. Ces interventions concernent différents publics : personnes âgées sédentaires, patients en phase de réadaptation cardiaque, personnes atteintes d'arthrose du genou, de lésions de la moelle épinière ou de sclérose en plaques.



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University of Saskatchewan (Canada)

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Résumé :

There are multiple, well known physical and mental health benefits accrued by adults who are regularly active ([WHO], 2010). On the other hand, it is also well recognized that the adult and older adult segment of the population is perhaps the least active of all age groups. Both inactive but apparently healthy adults and adults with chronic disease benefit from exercise training and exercise therapy provided through interventions and physical activity through community programs. Many of these programs are economically delivered by group format in community leisure services and through regional disease prevention/health promotion programs. Ironically, the benefits attained are typically short lived when adults attempt to self-manage activity after they leave such programs. From a translational perspective, could such groups be utilized as (a) one means of offering adults social support, (b) a motivational influence for intervening and (c) a platform in which to learn self-regulation skills to increase and maintain changes in their exercise?

To answer these questions, this presentation is divided into four discrete sections. **First**, I will discuss background why groups can be powerful behavior change agents as well as the basic structure of our group-motivated intervention model. **Second**, I will present a brief generic description of the intervention structure and how we conduct this group-mediated cognitive behavioural intervention (GMCB). **Third**, I will present a meta-analytic summary of results of several adult GMCB physical activity interventions across outcomes concerning physical activity adherence; functional and physiological factors; and social cognitive factors. **Fourth**, I will close the presentation by commenting on the translational perspective for this type of intervention relative to feasibility, interventionist training, and potential sustainability toward the goal of promoting adult health and preventing disease.

