

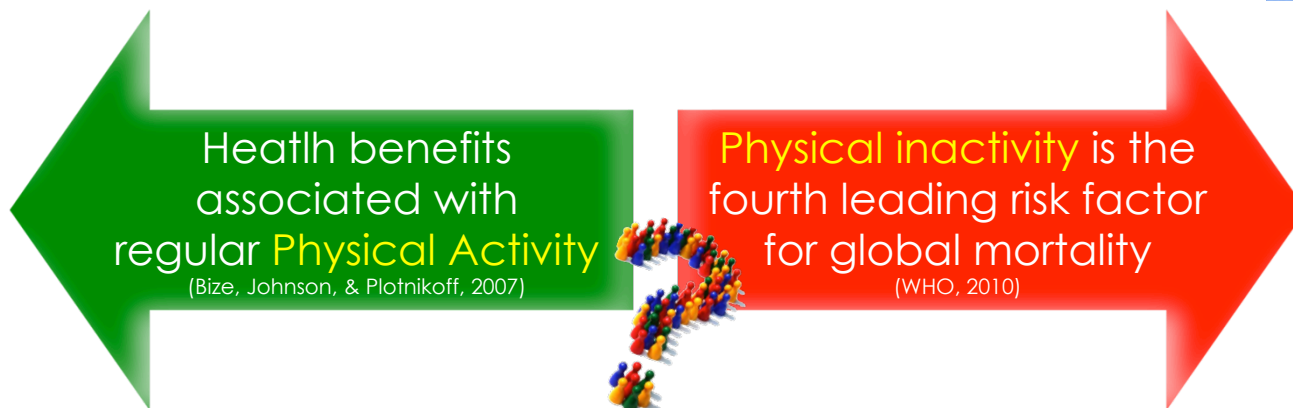
ESC Project: The influence of strangers in physical activity promotion. A randomized pilot trial

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SDT

(Ryan & Deci, 2000)

Purpose: to analyze the association between social contagion through strangers and PA and SB, in adults

Methods

- Randomized pilot trial
- 16 adults (18-64 years), both genders, with four groups:



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Experimental Group 1	Experimental Group 2	Experimental Group 3	Control Group
<ul style="list-style-type: none">• Primed with a promotional brochure about PA and SB	<ul style="list-style-type: none">• Primed with strangers doing PA (dialogue, people walking and a video)	<ul style="list-style-type: none">• Primed with strangers in SB (dialogue, people seating and a video)	<ul style="list-style-type: none">• Exposed to a video about healthy nutrition

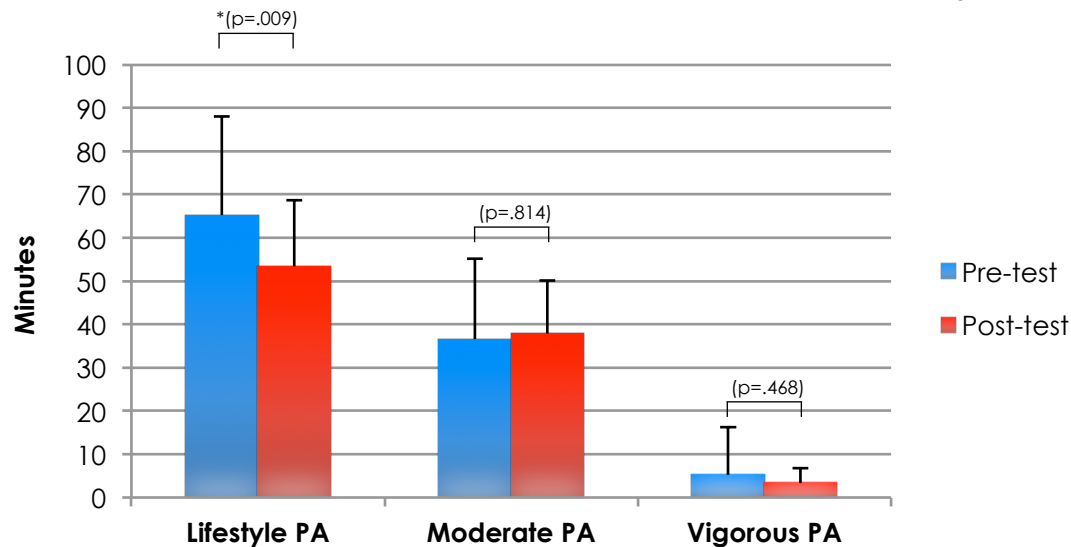
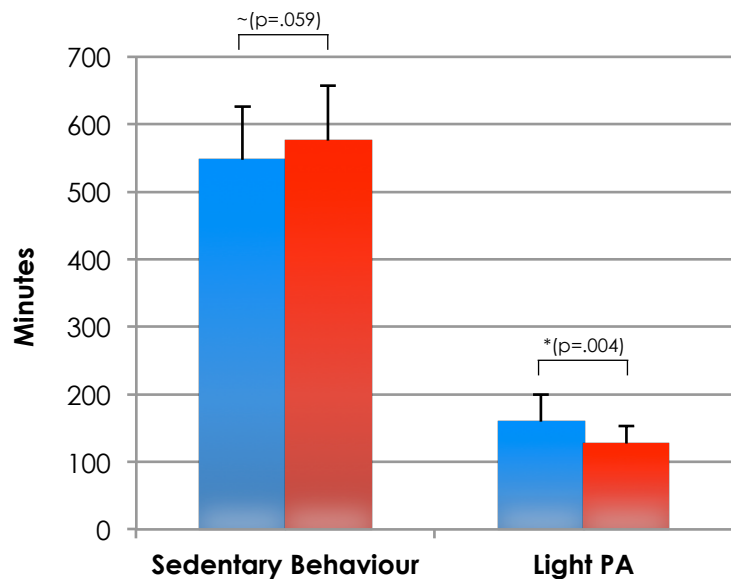
- **Pre-test** and **Post-test** PA and SB were measured objectively by **ActiGraph wGT3X accelerometers** for seven consecutive days, **before** and **after** the intervention



Results



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Discussion



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- This is only **preliminary data** to help testing this experimental design for a **larger and innovative research.**