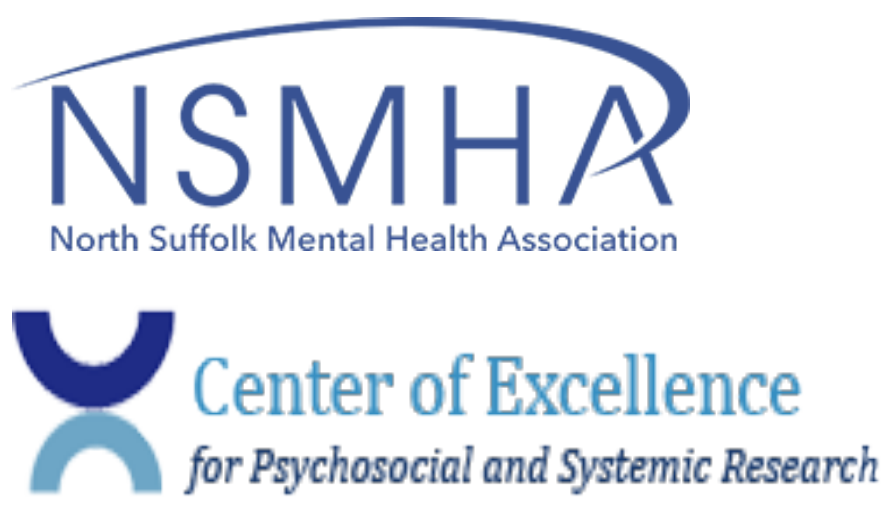


Mental contrasting with implementation intentions (MCII) as a single-session stand-alone intervention to increase exercise in persons with serious mental illness:

Background and study design

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Background and Aims

- Persons with serious mental illness (SMI) have a life expectancy up to 25 years shorter than those in the general population
- Premature mortality is largely explained by *preventable and treatable* medical issues
- Increasing exercise is a viable solution to the health problems observed in those with SMI, but there is a lack of scalable and accessible interventions
- Mental contrasting with implementation intentions (MCII) is a simple and brief intervention, rooted in social psychology, that has been shown to lead to increased exercise in general population
- MCII involves helping individuals (1) set an exercise goal, (2) imagine positive outcomes associated with exercising more, (3) imagine the biggest obstacles to exercising more, (4) develop solutions to overcome obstacles, and (5) create an if-then plan that follows “if (obstacle), then (solution)”
- Despite substantial evidence in the general population, MCII has never been tested on its own in an SMI population
- As such, the present study will be the first of its kind and has the following aims:

Aim 1

To evaluate the feasibility of delivering MCII to an SMI population

Aim 2

To evaluate the impact of MCII on exercise behavior

Method

Participants and Recruitment

Recruitment target: 20

Inclusion Criteria:

- Interested in exercising more
- Safe to increase exercise
- Diagnosis of schizophrenia spectrum disorder, bipolar disorder, or major depressive disorder
- Receiving outpatient psychiatric treatment
- Age 18 or above
- Not currently involved in established exercise program
- Not consistently involved in regular moderate or vigorous exercise

Measures and Assessment Schedule

Feasibility will be measured by:

- Ability to recruit desired sample size (n=20)
- Participant feedback on satisfaction, acceptability, use of MCII

Exercise behavior will be measured by:

- International Physical Activity Questionnaire (IPAQ)
- Pedometer step count

- Assessments will be done at baseline, one-week follow-up and eight-week follow-up

MCII Intervention

- Manualized intervention with 5 parts (See right)
- Delivered once at baseline

Five parts of MCII

Part 1: Specific and achievable goal	Part 2: Best part about exercising more	Part 3: Biggest obstacle to exercising more	Part 4: Solutions for biggest obstacle	Part 5: If-then plan for obstacle/solution
Part 1 Example	Part 2 Example	Part 3 Example	Part 4 Example	Part 5 Example
Walk 2x/week for 30 minutes	To have more energy	Bad weather (rain, snow, cold)	Walk indoors at the mall	If the weather is bad, I'll walk indoors at the mall

Procedure

Screening:

- Phone screen
- PCP sign off for medical clearance
- Provided Pedometer

Baseline:

- Administration of measures
- MCII intervention

1-Week/8-Week Follow-up:

- Administration of measures

Conclusion and Next Steps

- Results from this study will demonstrate preliminary feasibility and impact of MCII as a single-session stand-alone intervention to increase exercise in persons with SMI
- Results will also inform decisions as to whether a larger trial is warranted in the future