A065 HSCI

Relationship Between Motivation, Confidence, and Exercise Prescription in the Neuro Diverse Emerging Adult: A Quantitative Study

Abstract

Introductory Statement:

There is a lack of research examining the use of exercise prescription, specifically among neurodiverse populations, to increase intrinsic motivation and occupational performance. This research aims to close the gap by investigating the use of adaptive exercise with neurodiverse emerging adults in order to advocate that an individuals with disabilities can be healthy and well enough to take part in daily activities.

Purpose:
The purpose of this study will be to examine the relationship between motivation, confidence, and exercise prescription in the neurodiverse emerging adult.

Methodological Approach:
This correlational study is quantitative in nature. Participants will be individuals diagnosed with physical or cognitive impairment who are between the ages of 18-25 years and are about to start an adaptive exercise program. Participants will be recruited through word of mouth and the use of gatekeepers, occupational therapy practitioners, in local Nashville community. Anonymous data will be collected through online surveys, based on the Intrinsic Motivation Inventory (IMI) and Canadian Occupational Performance Measure (COPM). A Wilcoxon Signed-rank test will be used to analyze the data.

Findings:
Our findings are currently in the data collection process. They will be included in the final presentation.

Contribution to Discipline:
Results will contribute to the knowledge base regarding how this demographic could benefit from exercise programs, not only to increase intrinsic motivation, but overall occupational performance. This would contribute to the idea that an exercise program may be able to ignite occupational engagement and better keep this population involved in activities of daily living and life performance.

Professional Writing:
Plan to submit to a peer-reviewed journal following completion of data collection and analysis.