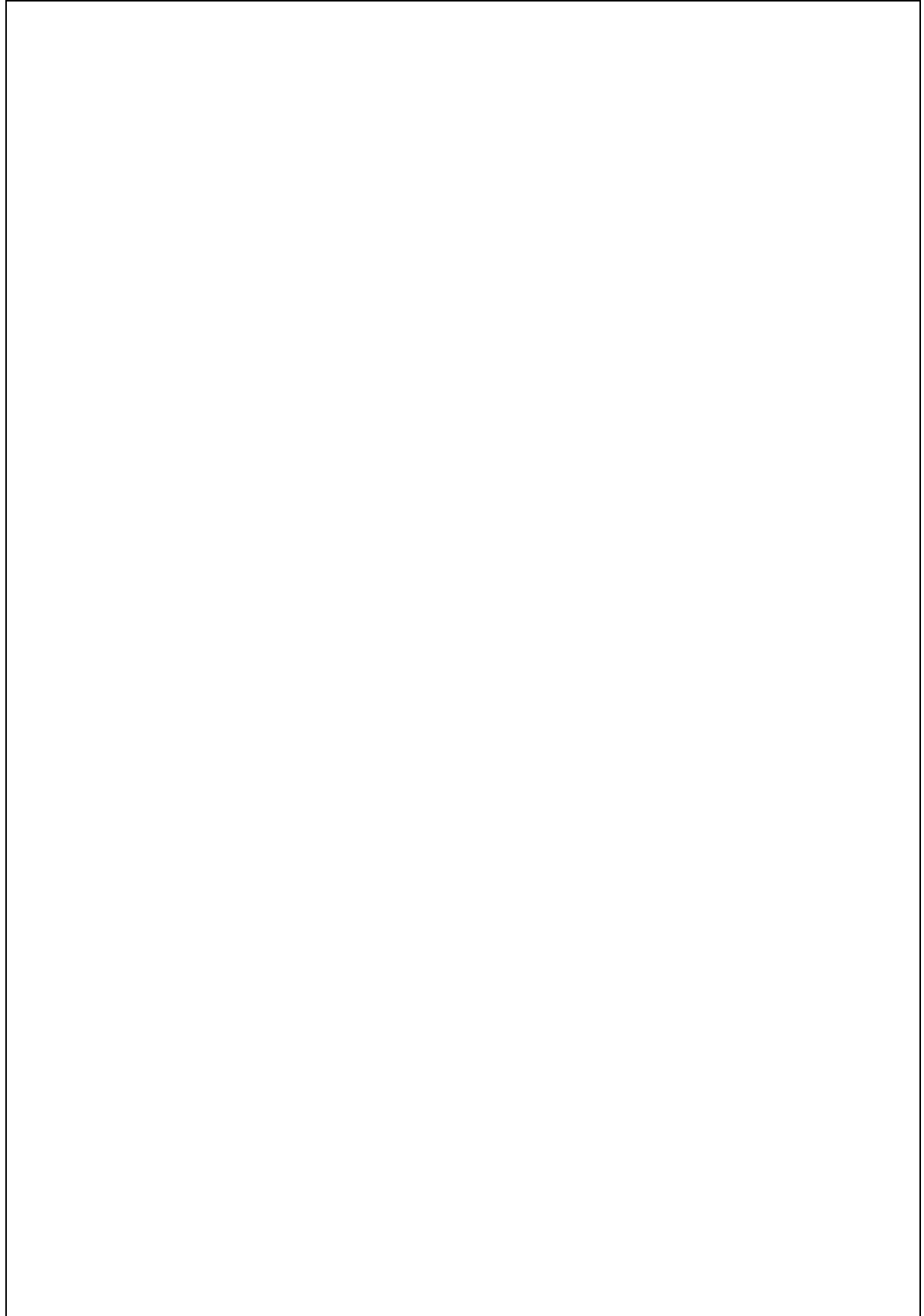


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| <b>Paper Category:</b>  | Intervention Studies/Drug Treatment  |
| <b>Paper Title:</b><br>(Arial Font; 14 Pt Size)   | Effects of wearable activity monitor on physical activity motivation among the elderly   |
| <b>Abstract Body:</b><br>(Arial Font; 12Pt Size)  | <ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul> |
| <p>[Background] In Japan, the increasing social security benefits have become a national issue. Preventive measures for long-term frailty are necessary, and one solution is to promote physical activity among the elderly. However, motivating the elderly is a challenge.</p> <p>[Objectives] This study aims to examine whether a wearable activity monitor with communication capabilities (referred to as an "activity monitor") and its data utilization can serve as a motivation for voluntary exercise among the elderly.</p> <p>[Method] Ninety-one community-dwelling individuals aged 65 or older were randomly assigned to two groups: an intervention group that received activity monitors and actively received feedback based on the collected data, and a control group that did not receive data feedback. Changes in weekly step count, physical measurements after three months, and changes in motivation for physical activity were compared between the two groups.</p> <p>[Results] Analysis of 38 participants from the intervention group and 43 participants from the control group revealed no significant differences in age, gender, or other background factors between the groups. Both groups showed an increase in weekly step count compared to before the study, but there was no significant difference between the groups. When divided by age, the intervention group had a significant increase in weekly step count among those under 75 years old. There were no significant changes in physical measurements after three months in either group. The number of participants who reported that the activity monitor served as motivation for increasing their step count increased after the study, but the difference was not statistically significant.</p> <p>[Discussion and Conclusions] The results suggest that data feedback contributes to an increase in step count among elderly individuals under 75 years old, while carrying the activity monitor itself can lead to an increase in step count for those aged 75 and above.</p> |  |



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