

# Goal Setting and Achievement in a Community-Based Exercise (CBE) Intervention Study among Adults Living with HIV

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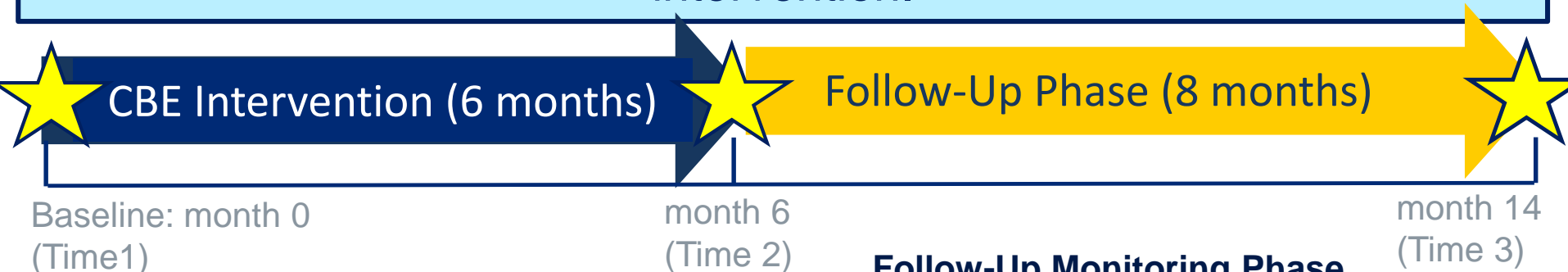
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# Purpose, Intervention & Data Collection

**Purpose:** To describe goal setting and achievement among adults living with HIV engaged in a community-based exercise (CBE) intervention.



Baseline: month 0  
(Time1)

month 6  
(Time 2)

month 14  
(Time 3)

## **CBE Intervention**

YMCA Membership

Exercise 3X/week:

Combination of aerobic, resistance,  
flexibility, neuromotor / balance

Supervised weekly by personal coach @ YMCA

Weekly progression as tolerated

Fitbit Zip

Monthly In-Person Education Sessions

<http://j.mp/CBEStudy>

## **Follow-Up Monitoring Phase**

YMCA Membership

Exercise 3X/week (independent)



## **Goal Attainment Scale (GAS)**

- Collaborative goal setting between participant and research coordinator at baseline (Time 1: T1) and end of intervention (T2) (n=3 coordinators)
- Goal achievement (Yes/No) measured: T2 and T3
- Exploratory outcome of larger CBE study

**Analysis:** **Goal Setting:** Content analysis to describe type of goals set at baseline (T1) and end of intervention (T2); **Goal Achievement:** Extent of goal achievement (frequency; %) at end of intervention (T2) and end of follow-up (T3).

# Results: Goal Setting

Of the 82 participants who completed the baseline GAS (month 0):

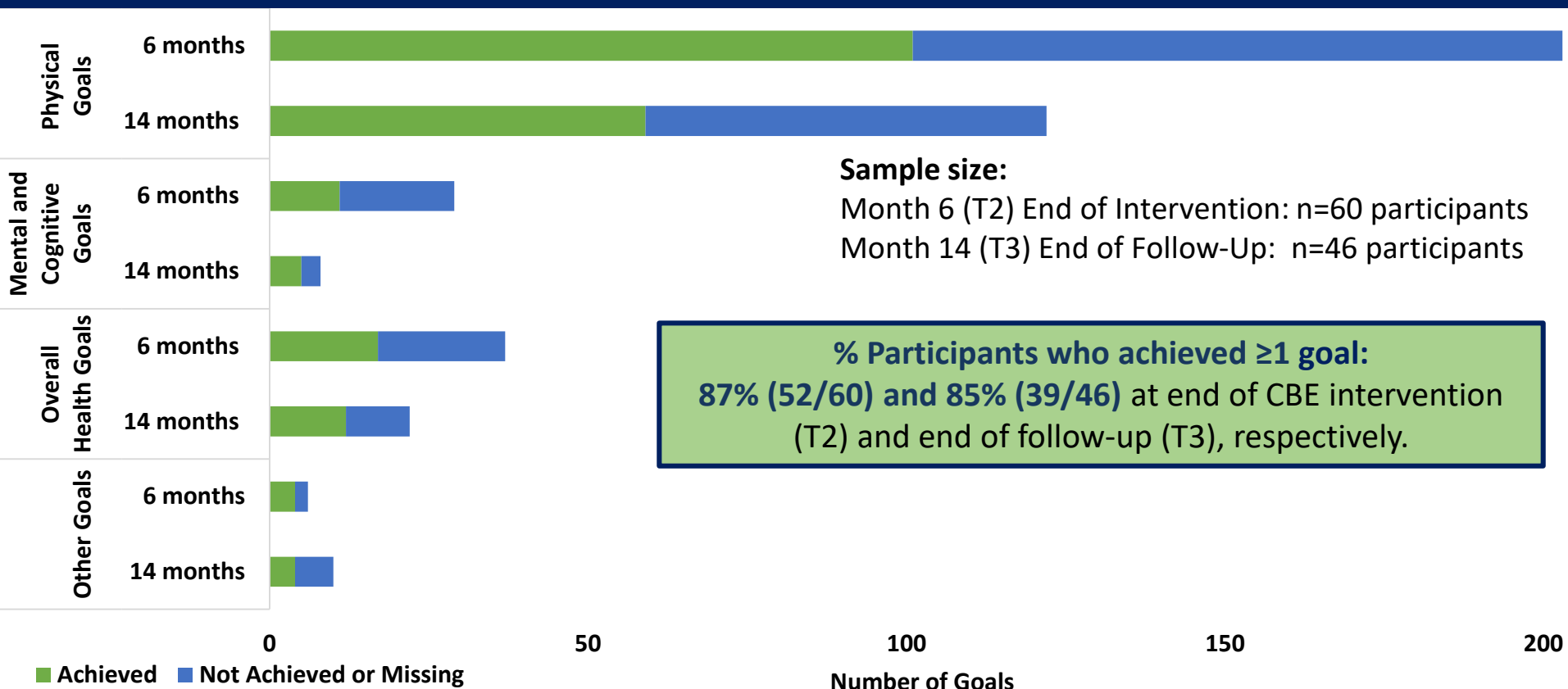
- 60/82 (75%) completed the GAS post CBE Intervention (month 6)
- 46/82 (56%) completed the GAS at end of follow-up (month 14) – similar to retention in CBE study
- CBE study participant characteristics reported here: <https://www.cahr-acrv.ca/wp-content/uploads/2020/04/CSP5041.pdf>

Physical goals were most commonly cited at baseline (74% of all goals) and after intervention (75%)

Type of Goal	Goal Examples	Number of Goals Set (%) at Baseline (T1: month 0)	Number of Goals Set (%) at End of CBE Intervention (T2: month 6)
Physical	Strength / muscle capacity; weight, endurance, flexibility, overall fitness, incorporate exercise as part of routine	203 (74%)	122 (75%)
Mental and Cognitive Health	Mood; motivation / energy; self-esteem / body-image; psychological / mental health; social interaction; cognitive function	29 (10%)	8 (5%)
Overall Health	Improve lifestyle; health	37 (13%)	22 (14%)
Other	Increase knowledge, life goals (finish school, find a partner)	6 (2%)	10 (6%)
<b>Total Number of Goals Set</b>		<b>275 (100%)</b>	<b>162 (100%)</b>

Median # (IQR) of goals set per participant at both time points: 3 (2, 4)

# Results: Goal Achievement



**48% of all goals set at baseline (T1) were achieved at month 6 (T2)**

Most goals achieved were **physical goals** (101/133; 76%) (common physical goals achieved\*: improve balance, endurance, strength/muscle capacity, incorporate exercise into routine.

**49% of goals set at month 6 (T2) were achieved at month 14 (T3)**

Most goals achieved were **physical goals** (59/80; 74%) similar to baseline (common physical goals achieved\*: improve fitness, endurance, flexibility, body tone /physique, and balance, activity-specific goals, incorporate exercise into routine.

\*Defined as #achieved/# articulated  $\geq 50\%$ .

## Impressions and Considerations

- Physical goals were most commonly articulated by participants at baseline (T1) and at the end of intervention (start of follow-up) phase (T2).
- Across the sample, almost half of the stated goals were 'achieved' at end of intervention (49%) and end of follow-up (48%).
- *Considerations:* Exploratory outcome of the larger CBE study; Missing data on goal achievement ranged from 29% (end of intervention) to 17% (end of follow-up phase); We did not assess quality of the goals using SMART principle (specific, measureable, achievable, realistic, time bound); Variation in GAS administration (3 coordinators)

## Conclusions

- Collaborative goal setting can be used as a motivating factor when implementing self-management interventions and can offer a potential outcome for evaluating the impact of exercise interventions for adults living with HIV.

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**CBE Study Team:** Kelly O'Brien, Patty Solomon, Ahmed Bayoumi, Aileen Davis, Soo Chan Carusone, Ada Tang, Mehdi Zobeiry, Ken King, Chris Godi, James Murray, Kate Murzin;

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