Use of Discussion Boards in A Social Cognitive Theory-based Hip Fracture Prevention Website for Older Adults

Abstract Information

Presentation Preference:
SNRS Podium Presentation

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Yes

Abstract Categories:
Interest Group: Aging/Gerontology
Thematic Areas: Adult Health

Introduction:
In the United States, approximately 340,000 older adults experience hip fractures yearly. Many older adults, however, do not have adequate information about evidence-based preventive measures for this condition. With the rapid growth in older adult online users, the Web can serve as a valuable medium to disseminate this information. The investigators tested the effects of a Social Cognitive Theory-based, Structured Hip Fracture Prevention Website (TSW) in an online study. The purpose of this paper is to describe findings from the discussion board component of the TSW intervention.

Method(s):
In this trial, participants (N = 246, Mean age: 69.3) were randomized to either the TSW or the Conventional Website group. The two-week TSW program was comprised of four learning modules (osteoporosis, falls and hip fractures, calcium and vitamin D intake, and exercise) and a moderated discussion board using questions consistent with module topics and focused on participants' health behaviors.
Discussion board responses were analyzed separately by two researchers using content analysis. Their results were compared.

Results:

A total of 116 participants completed the TSW intervention. Ninety of them (77.6%) participated in the discussion (1-9 postings/2 week). The analysis of 316 valid postings revealed the following themes: (1) Sharing his/her own health behaviors with other participants; (2) identification of motivators for health behaviors; (3) started (or planned to start) new health behaviors; (4) recognition of opportunities for improvement; (5) information from the program as reinforcement for health behaviors; (6) impressed by others' postings/offered supportive comments; (7) information seeking or sharing; and (8) specific challenges in performing health behaviors and methods to overcome them.

Discussion:

The findings were consistent with the social cognitive theory and showed that moderated discussion boards could be a useful tool in the implementation of theory-based online health behavior interventions. Additional studies are needed employing other interventions and online groups.

Research Completed: Yes
Abstract History: NA
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Non-Exclusive License: Accepted Terms: Yes
Submitted By: enahm@son.umaryland.edu