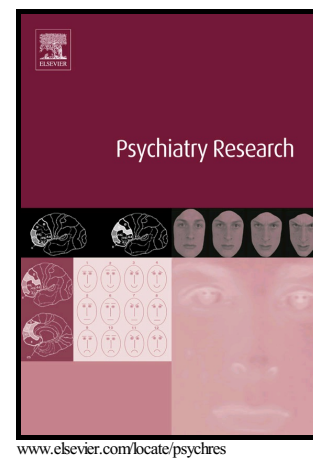


Author's Accepted Manuscript

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PII: S0165-1781(17)31370-7
DOI: <https://doi.org/10.1016/j.psychres.2018.01.038>
Reference: PSY11165

To appear in: *Psychiatry Research*

Received date: 24 July 2017
Revised date: 15 January 2018
Accepted date: 15 January 2018

Cite this article as: Davy Vancampfort, Tine Van Damme, Michel Probst, Hannelore Vandael, Mats Hallgren, Byamah Brian Mutamba, Justine Nabanoba, David Basangwa and James Mugisha, Motives for physical activity in the adoption and maintenance of physical activity in men with alcohol use disorders, *Psychiatry Research*, <https://doi.org/10.1016/j.psychres.2018.01.038>

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Motives for physical activity in the adoption and maintenance of physical activity in men with alcohol use disorders

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Abstract

Within the self-determination theory and the trans-theoretical model (stages of change) frameworks, we investigated motives for physical activity adoption and maintenance in men with alcohol use disorder (AUD). Fifty Ugandan patients completed the Behavioral Regulation in Exercise Questionnaire-3 (BREQ-3) to assess exercise motives, the Patient-centered Assessment and Counseling for Exercise (PACE) to determine stage of change and the Alcohol Use Disorders Identification Test. The relationship between motives for physical activity and stage of change was investigated using ANOVA with post-hoc Scheffe tests. Multivariate analyses found significantly higher levels of introjected, identified and integrated motivation in the action and maintenance stage versus the pre-action stage. There were no differences in intrinsic motivation between the stages of change. Our results suggest that in order to adopt and maintain an active lifestyle the most important source of motivation comes from the benefits that may be obtained rather than from the inherent pleasure or challenge associated with it. The study provides a platform for future research to investigate the importance of autonomous motivation within physical activity interventions for people with AUD.

Keywords: physical activity; exercise; alcohol; motivation

1. Introduction

The level of alcohol use among adults in Uganda is high, and 9.8% of the adult population has an alcohol use related disorder (Kabwama et al., 2016). Despite advancements in the treatment of

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