RESTRUCTURING THE SAN FRANCISCO VETERAN AFFAIRS MEDICAL CENTER POST-TRAUMATIC STRESS DISORDER’S FITNESS AND WELLNESS PROGRAM; INCORPORATING SELF-EFFICACY

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Abstract

of

RESTRUCTURING THE SAN FRANCISCO VETERAN AFFAIRS MEDICAL CENTER POST-TRAUMATIC STRESS DISORDER’S FITNESS AND WELLNESS PROGRAM; INCORPORATING SELF-EFFICACY

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With the United State of America deeply engaged in War on Terror and Operation Iraqi Freedom; many troops are returning home with Post-Traumatic Stress Disorder. According to the National Center for Post-Traumatic Stress Disorder (NCPTSD) (n.d.), PTSD has a high prevalence rate in these war veterans. NCPTSD reported that PTSD occurs in 30% of Vietnam veterans, 10% of Gulf War veterans, 6% to 11% in Operation Enduring Freedom (OEF) veterans and 12%-20% in Operation Iraqi Freedom (OIF) veterans.

Research has demonstrated that participation in regular exercise may decrease depression and anxiety (Johnsgard, 2004), increase self-esteem and self-perception (Schomer & Drake, 2001), enhance physical and mental health (Dixon, Mauzey, & Hall, 2003), and promote social participation (Saxena, Van Ommeren, Tang, & Armstrong, 2005). According to Paluska and Schwenk (2000), physical exercise improves anxiety symptoms and panic disorder with effects similar to those of meditation and relaxation techniques. Despite such benefits, there is a reluctance to exercise in individuals as adherence to and participation in exercise programs seems to be a problem. McAuley
(1991) stated that of those who begin an exercise program, 50% discontinue it within the first six months and only 21% continue to exercise at a level where health benefits can be gained.

A self-efficacy based physical exercise program may address the symptoms of anxiety in war veterans with post-traumatic stress disorder (PTSD) better than a typical exercise program. Thus, this project is developed based on the self-efficacy theory (Bandura, 1986) and studies that incorporated self-efficacy into structured exercise programs. The project proposes a 16-week self-efficacy based structured exercise program that focuses on improving veteran participation and adherence by increasing his or her self-efficacy.

_______________________________, Committee Chair
Jennifer A. Piatt, PhD

_______________________________
Date
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“Judge your success by what you had to give up in order to get it”

~ The Dalai Lama
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Chapter 1

INTRODUCTION

The Introduction will provide an overview of the project; the need for the project, purpose, definitions of the key terms, delimitation and limitations. Furthermore, it will also identify the theoretical bases of the project.

Background

A self-efficacy based physical exercise program may address the symptoms of anxiety in war veterans with post-traumatic stress disorder (PTSD) better than a typical exercise program. Currently, with the United State of America deeply engaged in War on Terror and Operation Iraqi Freedom, many troops are returning home with severe cases of PTSD. Hansell and Damour (2005) defined Post-traumatic stress disorder as “significant posttraumatic anxiety symptoms occurring more than one month after a traumatic experience” (p. 122). Following the traumatic experience, people often experience such symptoms as recurrent, intrusive, distressing memories of the traumatic event, intense psychological distress when exposed to certain cues that are reminders of the traumatic event, outburst of anger, hyper-vigilance, and increase in heart rate, sweating and anxiety (Hansell & Damour, 2005). According to the National Center for Post-Traumatic Stress Disorder (NCPTSD) (n.d.), PTSD has a high prevalence rate in war veterans. NCPTSD reported that PTSD occurs in 30% of Vietnam veterans, 10% of Gulf War veterans, 6% to 11% in Operation Enduring Freedom (OEF) veterans and 12%-20% in Operation Iraqi Freedom (OIF) veterans.
Studies have been conducted on the effects of physical exercise on anxiety and other mental health illnesses with promising results (Haworth, Young, & Thornton, 2009; McAuley, 1991; Resnick, Luisi, & Vogel, 2008). More specifically, physical exercise has been associated with a variety of positive psychosocial effects including reduced depressive symptoms and anxiety (Schomer & Drake, 2001), enhanced alertness and reaction (Otter & Currie, 2004) and increased in self-esteem (Paluska & Schwenk, 2000). Considering these benefits of exercise on both physical and mental health, physical exercise is the proposed intervention for this project as it may help veterans with PTSD manage symptoms of anxiety.

Need for the Project

Despite the many known mental and physical benefits of exercise, most individuals do not adhere to a regular scheduled exercise program. According to McAuley (1991), of those who begin an exercise program, 50% discontinue it within the first six months and only 21% continue to exercise at a level where health benefits can be gained.

Studies addressing adherence and maintenance to exercise programs have discussed the importance of self-efficacy. Salmon (2001) noted that lower self-motivation and self-efficacy results in reluctance to exercise in most people. Similarly, examining the traumatic combat experience in veterans, Benight and Bandura (2004) noted that trauma severely destroys a soldier’s perceived self-efficacy. The lower their efficacy, the more trouble they can have coping with everyday stressors of life and adverse situations.
Higher levels of self-efficacy have been identified as a key component to increase adoption and maintenance of exercise behavior (Bandura, 1998; McAuley, 1991). Thus, an important role of self-efficacy in health promoting behaviors is to motivate and enable people for personal change (Benight & Bandura, 2004). For example, McAuley (1991) noted that an individual’s beliefs regarding his or her perceived capabilities influence their choice of activity, effort expenditure, affect and thought process. It is suggested that higher self-efficacy results in higher level of participation in exercise programs (Perkins, Malthoup, Perkins, & Barton, 2008; Rodger & Gauvin, 1998). Therefore, self-efficacy may influence the way people behave and perceive their abilities regarding exercise.

Although studies in the area of exercise self-efficacy have been conducted with older adults (Resnick et al., 2008) and individuals with cardiac problem (Hiltumen, Winder, Rait, Buselli, Carroll, & Rankin, 2005), minimal to no studies have examined the impact of exercise specifically on Veterans of foreign wars diagnosed with PTSD. However, the Department of Recreation Therapy at San Francisco Veteran Affairs Medical Center (SFVAMC) outpatient clinic recognizes exercise as an intervention that may help veterans manage their anxiety symptoms. When introducing exercise programs to veterans with PTSD, it is essential to take into account the many side effects of the disorder in relationship to participation and motivation to exercise. Incorporating the self-efficacy theory into exercise programs may increase participation and adherence to physical exercise programs (McAuley, 1991; Resnick et al., 2008). Since the benefits of exercise are only seen through continuous performance in exercise programs (Hughes,
Prohaska, Rimmer & Heller, 2005), incorporating self-efficacy into SFVAMC’s PTSD wellness and fitness program may help the veterans adhere to an exercise regimen and manage their symptoms of anxiety via exercise.

Self-Efficacy Theory

“Self-efficacy refers to beliefs in one’s capabilities to organize and execute the courses of action required to produce given attainments” (Bandura, 1997, p. 3). The self-efficacy theory provides guidance in enabling people to implement influence over how they live and perceive their lives. Derived from the social cognitive theory, self-efficacy plays a role on cognition in the acquisition and retention of new behavior. Bandura (1997) stated that increasing one’s efficacious beliefs may require regulation of one’s own motivation, cognitive thought process, emotional reaction and environmental conditions. “Belief in one’s learning efficacy enhances acquisition of knowledge and skills for managing the demands of everyday life” (Bandura, 1998, p. 624). Furthermore, efficacious beliefs regulate individuals’ motivation by determining goals that they set up for themselves.

These beliefs also determine the individuals’ commitment to exercise actions that will help them attain goals and reach a desirable outcome. “Judgment of efficacy also determines how much effort people will expend and how long they will persist in the face of obstacles or aversive experience” (Bandura, 1997, p. 395). Bandura (1997) further noted that the belief people hold regarding their capabilities affect the decisions they make regarding the skills they possess. If people are self-doubting, they tend to doubt
their skills and have lower perceived self-efficacy. According to Bandura (1986), people’s beliefs regarding their perceived self-efficacy can be enhanced by four components: (1) mastery experience, (2) vicarious experience, (3) verbal persuasion, and (4) physiological state experience by the individual while performing the activity.

Purpose

The purpose of this project is to restructure the SFVAMC’s post-traumatic stress disorder wellness and fitness program by incorporating the four components of self-efficacy.

Definition of Key Terms

The following are terms to be used throughout this project. The definitions provided herein will introduce the reader to the concepts discussed in this project.

PTSD

Post-Traumatic Stress Disorder, “Significant posttraumatic anxiety symptoms occurring more than one month after a traumatic experience” (Hansell & Damour, 2005, p. 122).

NCPTSD

National Center for Post-Traumatic Stress Disorder; provides research, training and education about PTSD and other stress related disorders.

Anxiety

“An unpleasant emotion characterized by a general sense of danger, dread, and physiological arousal” (Hansell & Damour, 2005, p. 527).
OIF

Operation Iraqi Freedom, the current war in Iraq

OEF

Operation Enduring Freedom, the current war on terror in Afghanistan

Self-Efficacy

“Self-Efficacy refers to beliefs in one’s capabilities to organize and execute the courses of action required to produce given attainments” (Bandura, 1997, p. 3).

Physical exercise

Any bodily movement via skeletal muscles that results in energy expenditure correlating with physical fitness, is structured and performed to obtain physical fitness (Casperson, Powell, & Christenson, 1985).

SFVAMC

San Francisco Veteran Affairs Medical Center; medical facility established for the veterans by the Department of Veteran Affairs.

YMCA

Young Men’s Christian Association; this organization currently offer membership to veterans enrolled in the physical exercise program.
Chapter 2

LITERATURE REVIEW

This section provides a review of the current literature and research by detailing comprehensive ideas associated with the topic.

Population

The participants of this project are veterans diagnosed with post-traumatic stress disorder (PTSD) related to military service. These experiences range from deployment during the Vietnam War, Persian Gulf War, Operation Enduring Freedom (OEF), Operation Iraqi Freedom (OIF) and other major conflicts to experiencing military sexual trauma. Each war, conflict and sexual trauma presented its own atrocities, which may have led to the development of PTSD in these veterans. To understand PTSD in these veterans, it is important to highlight their experiences during the deployment as it gives insight into the traumas they may have faced. Although the literature review covers major wars fought by the United States, this project is non-exclusive and includes all military service related PTSD, including military sexual trauma.

The Vietnam War (1955-1975)

According to the National Vietnam Veterans Readjustment Study (NVVRS), 30% of 3 million veterans who served during the Vietnam War reported lifetime prevalence rate of PTSD (Marmar, 2009). Hending and Haas (1984) credited the nature of warfare itself for the high prevalence rate of PTSD in Vietnam veterans. Furthermore, combat in Vietnam frequently involved killing of the elderly, women and children (Hending & Haas
1984), by the United States soldiers. The killings at the time were sometimes committed due to necessity and other times out of vengeance, due to which, significant number of veterans reported guilt as a contributing factor to their development of PTSD. In addition, the political climate in the United States around the Vietnam War era was not supportive and many Americans opposed the war. Those opposed to the war could not empathize with the returning veterans while those who supported the war did not want to pay attention to its impact (Hending & Haas, 1984). Therefore, veterans found it difficult to share experiences with people and often internalized their fear and guilt.

The Persian Gulf War (1990-1991)

Approximately 20 years later, the Persian Gulf War presented its own mayhem on the soldiers. During this war, only 9% of veterans reported symptoms of PTSD and the number of soldiers sent home due to their psychiatric problems was extremely low (Ursano & Norwood, 1996). Although, the Persian Gulf War’s brevity and successful outcome contributed to the low rate of PTSD among deployed soldiers, it presented threats never experienced in earlier wars (Ursano & Norwood, p. 1096). These war stressors included “friendly fire” incidents, tank battles, air strikes, threat of chemical/biological warfare, desert environment and cultural isolation. The threat of attacks by chemical and biological weapons was of paramount concern to these soldiers. Ursano and Norwood (1996) reported that massive amount of T-2 toxin, nerve agents and mustard gas were utilized by the enemy during this war, which added intense fear in soldiers. The desert environments were an issue as well, adding health related problems
to the previously mentioned stressor such as respiratory illnesses, diarrheal diseases and sand fly fever. Consequently, the physical and mental health stressors exaggerated effects of trauma in soldiers further intensifying their PTSD.

Operation Enduring Freedom/Operation Iraqi Freedom, 2001-Present

Similarly, the current war on terror, Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) exemplified new stressors for the active duty soldiers and veterans. The United States invaded Afghanistan on October 7, 2001, and Iraq on March 20, 2003. The impact of this war is evident by the number of men and women who have served in both OEF and OIF. “To date, over 1.6 million men and women have served in Afghanistan (Operation Enduring Freedom) and Iraq (Operation Iraqi Freedom)” (Marmar, 2009, p. 494). With such an overwhelming number of deployed soldiers, 21.8% were diagnosed with PTSD to date (Marmar, 2009). Litz (2007) noted that guerilla warfare, ambiguous civilian threats and terrorist attacks such as roadside bombings have contributed to the anticipated fear of violence in soldiers serving in Iraq and Afghanistan. Soldiers have to remain highly vigilant at all times, which causes anxiety and stress. Litz (2007) noted that soldiers in Iraq and Afghanistan have witnessed massive destruction of civilian life, and the killings of both combatants and non-combatants. Bearing witness to such destruction can add to the risk of acquiring PTSD.

Regardless of the war, age remained a susceptible factor in acquiring PTSD. According to Hending and Haas (1984), the young age of American combatants during Vietnam was a contributing factor to their vulnerability. Similarly, during the Persian
Gulf War, the mean age of deployed soldiers was mid-20s (Ursano & Norwood, 1996). In terms of OEF/OIF, Marmar (2009) reported that active duty soldiers under the age of 25 had higher rates of PTSD than those older than 40. According to these studies, it appears that one is more susceptible to acquiring PTSD if one is of younger age when the traumatic event occurs.

Military Sexual Trauma

Military Sexual Trauma (MST) refers to a severe form of sexual assault or harassment experienced by an individual during his or her military service (Kimerling, Gima, Smith, Street, & Frayne, 2007). The exposure to MST in the military is high as Kimerling et al. (2007) reported that annually 3% of active duty women and 1% of active duty men experience such trauma. According to Himmelfarb, Yaeger, and Mintz (2006) PTSD is one of the known consequences of rape and sexual trauma. PTSD related to such trauma has long lasting effects and can cause physical and functional impairments in victims. Himmelfarb et al. (2006) further noted that MST is a leading cause of PTSD in soldiers; it is higher than any combat stressors.

MST related effects soldiers the same as does PTSD related to combat service. According to Suris and Lind (2008), MST related PTSD often results in psychological problems like depression and anxiety. It also increases physical health risks such as obesity and promotes sedentary lifestyles. Himmelfarb et al. (2006) noted since sexual abuse occurs during the victims’ military service, it is hard for the victims to verbalize their experience as they often work with the perpetrators. Since health care utilization is
also higher amongst victims of MST (Suris & Lind, 2008), it is necessary to discuss preventative measures to reduce health related problems of soldiers effected by MST.

PTSD and Anxiety

Post-traumatic stress disorder is defined as having “significant posttraumatic anxiety symptoms occurring more than one month after a traumatic experience” (Hansell & Damour, 2005, p. 122). An individual diagnosed with PTSD is exposed to at least one intense traumatic stressor that leads to the development of anxiety symptoms. A traumatic event can constitute experiencing a natural disaster (hurricane), being physically attacked (assault, rape), motor vehicle accidents and witnessing war or combat. For the purpose of this project, PTSD and anxiety related to military service will be the focus.

Detailing the history of PTSD in the armed forces, Parkinson (2000) noted that World War I doctors labeled PTSD as shell shock because it was believed that the symptoms were induced by shell explosions during combat. By World War II, shell shock became known as combat fatigue or battle stress. It became a problem when veterans returned home and were unable to keep a job, had problems with relationships, feelings of guilt and anger, and some eventually went into self-imposed isolation. Recognizing the problems associated with combat fatigue, the armed forces mandated an “R & R” rest and recreation program for the soldier. During this time the soldiers were removed from combat and given time off to visit their families. This period was intended to reduce strain and stress commonly felt by the soldiers (Parkinson, 2000).
Marmar (2009) noted that in 1980, PTSD was included in the *Diagnostic and Statistical Manual (DSM)*, third addition and designated as an anxiety disorder with key features such as hyper-arousal, re-experiencing the traumatic event, numbing and avoidant behaviors. In 2000, the American Psychiatric Association, in its publication, *DSM, fourth edition text revision (DSM-IV-TR)*, included additional, more detailed criteria in diagnosing PTSD. The authors defined it as

Development of characteristic symptoms following exposure to an extreme traumatic stressor (criteria A1) that causes intense fear, helplessness and horror (criteria A2), includes persistent re-experiencing of the traumatic event (criteria B), persistent avoidance of, stimuli associated with trauma (criteria C), persistent increased arousal (criteria D), with all symptoms present for one month (criteria E) that cause clinical significant distress or impairment in overall life functioning (criteria F). (p. 464)

This definition demonstrates that anxiety plays a significant role in the lives of individuals diagnosed with PTSD, including veterans.

Due to the life threatening situations experienced by veterans, they continue to show intense fear and anticipate anxiety of being in similar situations again (Parkinson, 2000). Anxiety is manifested in re-experiencing thoughts about the traumatic events.

With having anxiety related to PTSD, veterans face many psychosocial dysfunctions such as negative health self-perception, high rate of medical problems (Marmar, 2009), poor problem solving skills and aggressive behavior (Litz, 2007). Benight and Bandura (2003)
noted that post-traumatic reactions can affect different modes and spheres of functioning in a person with PTSD; a person can become disengaged from aspects of life that provide meaningful self-fulfillments.

According to the Department of Defense (2009), there are currently 174,200 active duty soldiers in Iraq and 41,300 soldiers in Afghanistan. With such a high deployment number, the rate of PTSD has risen steadily. Shen, Arkes, and Pilgrim (2009) noted an estimated risk of PTSD among army and Marine Corps personnel, currently in Iraq and Afghanistan to be between 10-18%. Clearly, PTSD and risks associated with acquiring it are alarming. Thus, PTSD continues to present itself as a major problem in veterans and soldiers currently fighting on foreign soil. Therefore, there is a need to have interventions, such as physical exercise, in place that can help veterans manage PTSD symptoms.

Physical Exercise

Physical exercise, as defined by Casperson et al. (1985), is any bodily movement via skeletal muscles that results in energy expenditure correlating with physical fitness, is structured and performed to obtain physical fitness. Research has demonstrated that participation in regular exercise can decrease depression and anxiety (Johnsgard, 2004), increase self-esteem and self-perception (Schomer & Drake, 2001), enhance physical and mental health (Dixon, Mauzy, & Hall, 2003), and promote social participation (Saxena, Van Ommeren, Tang, & Armstrong, 2005). According to Paluska and Schwenk (2000),
physical exercise improves anxiety symptoms and panic disorder with effects similar to those of meditation and relaxation techniques.

Emphasizing the importance of physical exercise, Saxena et al. (2005) noted that though exercise would not be expected to change psychopathology of individuals, it may be a component of rehabilitation to reduce mental health related hospitalizations. Therefore, it can be used as a form of preventative medication. In addition, physical exercise is viewed as an attempt to reduce anxiety in a more cost-effective manner, with effects similar to those of pharmacological treatment (Johnsgard, 2004; Schomer & Drake, 2001). Evidently, physical exercise is an intervention worthy of promoting as it has positive effects on symptoms of anxiety. However, despite the well documented benefits of physical exercise, there is a reluctance to exercise among the general population (McAuley, 1991; Saxena et al., 2005).

Incorporating Self-efficacy

The exercise literature has demonstrated lack of motivation (Sorensen, 2006) and adherence-attrition (McAuley, 1991) as contributing factors that promote physical inactivity. Therefore, self-efficacy may be an important component in managing and adopting healthy behaviors such as participation in physical exercise (McAuley, 1991; Resnick et al., 2008). “Self-efficacy refers to beliefs in one’s capabilities to organize and execute the courses of action required to produce given attainments,” (Bandura, 1997, p. 3). According to Benight and Bandura (2003), highly efficacious beliefs can promote a sense of coping mechanisms that helps alleviate stress and anxiety. McAuley (1991)
noted, individuals’ beliefs regarding their perceived capabilities influence their choice of activity, amount of effort expended and persistence when faced with adversity. Haworth et al. (2009) stated that participating in exercise programs increases self-efficacy thus demonstrating a reciprocal relationship between exercise and self-efficacy. Hence, it is possible to structure interventions that increase an individual’s self-efficacy, which then influences psychological and behavioral thought process associated with exercise (Haworth et al., 2009). Therefore, self-efficacy may enhance exercise behaviors in individuals and increase their level of participation.

Bandura (1997) described two levels where individual’s sense of self-efficacy plays a role in their health behaviors. The first level is individuals’ perceived capability of coping with stressors that activate disease. “Social cognitive theory views stress reactions in terms of perceived inefficacy to exercise control over threats in taxing environmental demands” (Bandura, 1997, p. 426). When people believe they can deal with stressors; they do not feel threatened, but if they believe they are incapable of dealing with the stressors then they often become distressed which may impair their level of functioning. It is necessary then to strengthen individuals’ coping efficacy as it enhances management of stress and reduces aversive thoughts.

The second level of self-efficacy is an individual’s direct control of their health habits (Bandura, 1998). Individuals’ belief in their self-efficacy impacts their motivation of personal change, which determines changing negative health habits and perseverance to achieve attainable health related goals. Having highly efficacious beliefs regarding
personal health enables individuals in making better choices related to their mental and physical health. In social cognitive theory, efficacy beliefs are paramount in determining motivation and adherence to a particular behavior. Therefore, the self-efficacy theory is important to understand health behavior such as motivation to and maintenance of exercise behavior.

Studies utilizing self-efficacy enhancing components with exercise have offered positive results (McAuley, 1991; Resnick et al., 2008). In one study with cardiac adults, Hiltumen et al. (2005) incorporated self-efficacy components to enhance participants’ confidence to engage in independent exercise. Hiltumen et al. (2005) concluded that successful adoption of efficacy enhancing interventions result in higher self-efficacy of cardiac patients, therefore increasing their chances of maintaining healthy behaviors. Similarly, in a study with minority older adults, Resnick et al. (2008) reported that increasing participants’ self-efficacy resulted in an increase in the amount of time spent exercising, increase in expected outcomes and decrease in depressive symptoms.

Bandura (1986) also introduced four components of self-efficacy, in addition to the levels of efficacy. The first component is mastery experience. It is believed that if individuals can master skills involved in performing a certain task, he or she will participate in the task without hesitation. While successes build strong perceived self-efficacy, continued failures can weaken efficacious beliefs. People’s mastering of the skill will lead them to believe that they are capable of and know how to execute a certain
task. This enhances one’s confidence as an individual overcomes his or her doubts about not being able to perform a specific task.

In a study conducted with adults diagnosed with neurological pathologies, Haworth et al. (2009) noted the importance of incorporating mastery experience into structured programs. They concluded that including practical exercise sessions that allow participants to learn and achieve proficiency in required exercise related tasks encouraged participants’ personal mastery experience (Haworth et al., 2009). In another study with older adults, Resnick et al. (2008) utilized goal setting and increased weekly exercise intensity to activate mastery experience in participants. As participants mastered given exercises, their workout intensity increased weekly and goals were reviewed to assess progress. McAuley (1992) claimed that positive mastery experiences are likely to increase self-efficacy while negative mastery experiences can weaken perceived self-efficacy. Therefore, including activities that stimulate positive mastery experience during exercise programs may increase one’s self-efficacy.

The second component of self-efficacy is vicarious experience, where an individual learns by watching others, with similar abilities, performs a task, or visualizes him or herself successfully completing the task. Bandura (1986) noted that observing people with similar skill level successfully perform tasks can raise perception of self-efficacy; instilling a belief that if others can do it then they can do it too. In establishing a structured exercise program for older adults, Resnick et al. (2008) included role-modeling as a part of the vicarious experience. They included middle-aged exercise instructors and
other older class participants to teach the exercise classes. Sessions focusing on goal setting were also integrated so participants could share information with other peers in the program (2009). Haworth et al. (2009) developed a group based program for adults with neurological pathologies where participants learned in groups, observing each other. Thus, vicarious experiences should be included in self-efficacy enhancing exercise programs.

The third component of self-efficacy is verbal persuasion. “Verbal persuasion is widely used to try to talk people into believing they possess capabilities that will enable them to achieve what they seek” (Bandura, 1986, p. 400). People persuaded verbally that they possess capabilities to master a given task are more likely to put forth and sustain an effort in finishing the task. Bandura (1997) discussed the importance of providing feedback that is task specific and will boost efficacy of a given task. Providing feedback on a specific skill is needed to correctly develop that skill. As personal deficiencies can draw harsh criticism, it is essential that feedback is given in a helpful and guiding manner. It is important to provide participants with a directive that encourages participation and continues in the face of adversity. “Given the same level of performance, disparaging criticism lowers perceived efficacy and aspirations, whereas constructive criticism sustains aspirations and upholds or even bolsters a sense of personal efficacy (Bandura, 1997). Verbal persuasion provides a sort of social support that allows peer encouragement. Benight and Bandura (2003) noted that such social support by peers provides motivation and incentives for engaging in activities and shows
how to overcome difficulties, further enhancing self-efficacy. In their study, Resnick et al. (2008) utilized positive reinforcement by the instructor as part of verbal persuasion. Participants were provided with positive encouragement for meeting weekly goals and engaging in regular exercise regimen. According to Resnick et al. (2008) participants noted that verbal persuasion received during group was essential in helping them overcome their barriers to exercise. Results from Resnick et al. (2008) study directly correlated with Bandura’s (1997) claim that receiving persuasion and communication from a person with expertise influences self-efficacy. Therefore noting that verbal persuasion should be part of the structured exercise program, to influence self-efficacy.

Physiological state is the last self-efficacy enhancing component during which an individual feels a certain level of physiological response from his or her body due to participation in a given activity. Bandura (1986) noted that people rely partly on their physiological state in judging their capabilities for task performance. During a stressful situation, individuals can read their perceived stress as a sign of vulnerability to dysfunction. High physiological arousal can result in performance deficiencies; therefore it is necessary to utilize interventions and treatments that eliminates or addresses emotional arousal.

Resnick et al. (2008) and Haworth et al. (2009) noted the importance of communicating negative and positive sensation felt during an exercise period. It is essential to educate participants regarding physiological sensations felt during exercise, fall risks and safety (Resnick et al., 2008) so that participants can learn to accommodate
for such sensations (Haworth et al., 2009). Furthermore, negative physical sensations can lead to refraining from participation in the program so it is important to address such issues. Hughes et al. (2005) encouraged the development of an exercise adherence contract in their study of adults with osteoarthritis. The participants developed a personalized adherence contract that would detail his or her plan to continue engaging in exercise programs in adverse situations. Utilizing such plans can facilitate discussions that might help participants overcome their negative physiological states, enhancing self-efficacy.

Though self-efficacy enhancing intervention has been adopted in studies on cardiac patients (Hiltumen et al., 2005) and older adults (Resnick et al., 2008), older adults with osteoarthritis (Hughes et al., 2005) there appears to be lack of research conducted with veterans with PTSD in relationship to self-efficacy. Benight and Bandura (2004) noted that trauma associated with battle lowers a soldier’s ability to cope with adverse situations therefore decreasing his or her perceived self-efficacy. Bandura (1997) purposed that perceived self-efficacy provides bases for motivation and self-change in individuals. Therefore, based on research presented in the literature review to incorporate self-efficacy in the current wellness and fitness program offered by the SFVAMC may increase participation and adherence to the program.
Chapter 3

METHOD

This section details the method used to develop this project. It consists of information regarding the population, program setting and design along with the self-efficacy based physical exercise program. As each month of the exercise program corresponds to a different phase within the program, this section provides details about the weekly sessions held during each month.

Population

The participants of this project include veterans 18 years and above currently utilizing mental health services from the SFVAMC’s outpatient clinic. All participating veterans are currently diagnosed with PTSD related to military service and received a medical clearance from their primary care physician prior to enrolling in the program. The participants also met the enrollment criteria for the veterans as established by the SFVAMC as outlined below.

- stay clean and sober while engaging in the exercise activities.
- have a case coordinator
- commit to twice a week workouts
- transport themselves to YMCA (private or public transportation)
- obtain medical clearance to participate in exercise program from primary care physicians
- attend all therapeutic components of program as prescribed by clinician
Setting

The fitness and wellness program, including all classes, will take place at the Presidio YMCA, located in San Francisco, California. The facility provides a fitness center, equipped with weight training and aerobics equipment. For the duration of the program, participants’ membership fee is paid by the SFVAMC.

Design

This program is designed for one site: SFVAMC’s outpatient clinic, for a sixteen-week period. Based on the literature review, the author of this project will incorporate four self-efficacy enhancing components: mastery skills, vicarious experience, verbal persuasion and physiological response, into the program as an intervention that may increase veterans’ participation in exercise. As noted in the literature, it is important to exercise on a regular basis to reap its benefits; therefore incorporating these self-efficacy components may increase the participation level of the veterans. McAuley (1991) suggested that a four- to five-month program is necessary for improving aerobic capacity and ensuring the proper incorporation of adoption and maintenance phase of exercise. Consequently, this program is four months (16 weeks) total with sessions held bi-weekly for one hour each. The program introduces veterans to an exercise regimen that incorporates both aerobic and strength training as well as incorporating self-efficacy enhancing components. The wellness and fitness program is further divided into four phases; each month corresponding to a different phase. The four phases are orientation phase, introduction phase, adoption phase and maintenance phase (McAuley, 1991). The
following outlines each month’s sessions and handouts. A detailed session outline and corresponding handouts are included in the Appendix.

Month 1: Orientation Phase

During the first month, the participating veterans will be oriented to the program and the facility. The orientation phase (McAuley, 1991) includes four weeks, with two sessions per week. This component of the program is developed to provide detailed orientation to the veterans with no exercise starting until the second month. According to the recreation therapists at the SFVAMC, the first month will provide the basis for the entire fitness and wellness program with each session geared towards veterans’ personal strength and barriers towards exercise. During month 1, sessions are in a group setting, providing and promoting vicarious experience amongst the veterans. The role of the Recreation Therapist (RT) is to provide full facilitation during each session, giving positive feedback to enhance verbal persuasion. Each week, the RT will cover a new topic and provide veterans corresponding handouts to further their knowledge and mastery skill experience. The following is detailed schedule for month one:

- Week 1, day 1: The topic for this session is orientation to the program. During this session, veterans are oriented to the four-month fitness and wellness program, along with general expectations. They will be provided with a program expectations handout along with a detailed schedule of the four-month program. At this time, the RT will also notify the veterans that
during the last month, only two group sessions will be held. For the remaining six sessions, the veterans will exercise on their own.

- **Week 1, day 2:** On this day, the RT will be orienting the veterans to the Presidio YMCA. Session will detail policies and procedures of the facility along with a facility tour to better acquaint veterans with the surrounding environment. Presidio YMCA handbook and general information handouts will be provided to the veterans.

- **Week 2, day 1:** This week will focus on benefits and barriers of exercise. On day one, RT will facilitate discussion regarding benefits of exercise in managing anxiety. Veterans will be given a handout detailing the benefits and general information regarding anxiety. Discussion will be facilitated regarding each veteran’s exercise habits in order to increase vicarious learning.

- **Week 2, day 2:** RT will facilitate discussion regarding barriers to exercise. Each veteran will be encouraged to discuss his or her person barriers to exercise.

- **Week 3, day 1:** Veterans will be provided information regarding goals and objectives. Discussion will be focused on establishing realistic goals for the next four months. Veterans will also be provided the opportunity to develop their own personal goals to further individualize the program. RT will provide positive feedback to ensure that attainable goals are being developed.
• Week 3, day 2: Focus of this session will be on developing adherence contracts. RT will thoroughly discuss the rewards and consequence system by providing examples. To ensure full participation of the veterans, each participant will develop his or her own adherence contract, detailing overcoming barriers. Adherence contract will be utilized as a teaching tool to increase veterans’ personal responsibility to adhere to the four-month program. Veterans will be provided positive feedback to encourage verbal persuasion.

• Week 4, day 1: This session will be facilitated by a former participant of the program to promote vicarious experience. Hearing about the benefits of the program from a peer can send a power message and encourage veterans to show full participation; increasing vicarious experience.

• Week 4, day 2: During this last session of the month, discussion will be held regarding general exercise sessions and at home exercises. The session will cover what each exercise session consists of (i.e. - warm-up, exercise and cool down). Veterans will also get information regarding low impact physical activities that can be done at home. Towards the end of this session, the RT will also help veterans develop a weekly exercise log to track progress in the program and remain active independently.
Month 2: Introduction Phase

The second month of the program is designed to introduce veterans to the aerobic and strength training workouts, thus, the introduction phase (McAuley, 1991). The role of the RT for this month will be to introduce veterans to the various aerobic and strength training workouts outlined for the month. Each session will be facilitated in a group discussion style to encourage vicarious experience and social support amongst participants. Veterans will also be provided with the opportunity to use the various exercise machines to increase their mastery skill experience. At the end of each session, the RT will debrief with the veterans regarding the offered activities and check weekly logs. The first two weeks are dedicated to detailed introduction to aerobic fitness. Sessions will include various aerobic activities and equipment such as proper usage of a treadmill and step climber machine.

In order to prevent injuries and decrease the level of negative physiological response such as pain, it is necessary that each veteran be trained on exercise equipment to gain sufficient knowledge and master exercising skills. Instructions will be given on proper ways of using equipment and each participant will be required to utilize at least two aerobic machines of choice to gain experience and master skills. The latter half of the month will introduce veterans to various aspects of strength training such as the benefits, working on each muscle group and equipment usage. For both the aerobic and strength training, veterans will be provided handouts, detailing different exercise equipment and usage. The RT will also discuss common stressors and pain related to strength training to
further the veterans’ knowledge about common physiological responses. The introduction phase of month 2 is developed in the following manner:

- **Week 5, day 1:** The RT will thoroughly introduce the veterans to aerobic training. Information provided will detail benefits of aerobic training, workout techniques and physiological responses. To promote mastery skill, veterans will be taught to monitor and establish target heart rate for an aerobic workout session. Pain and muscle cramps associated with aerobic training will be discussed to educate veterans regarding normal vs. abnormal physiological responses.

- **Week 5, day 2:** Veterans will be introduced to various aerobic exercise workout machines at the Presidio YMCA. To further promote mastery skill experience, RT will demonstrate proper usage of each machine, detailing how to read intensity level, calories counter and heart rate monitor. The RT will also ask for volunteers to enhance vicarious experience. Veterans will be provided with an aerobic activity log to note their progress once they began their aerobic workouts.

- **Week 6, day 1:** This session is developed to promote mastery skill experience. The RT will encourage each veteran to choose two aerobic workout machines of choice; doing 15-minute workouts on each machine. Toward the end of the session, discussion will be held regarding any
physiological responses felt during the exercise session, preference in workout
machines and correct usage of each machine.

- Week 6, day 2: This session is developed as a regular aerobic workout
  session. The RT will lead 10 minutes of stretching exercises. After that
  veterans will be instructed to choose one aerobic workout machine of choice
  and workout for 20 minutes. The group will reconvene to do cool down and
  discuss any questions and concerns regarding the session.

- Week 7, day 1: During this session, veterans will be introduced to the
  strength training aspect of the fitness and wellness program. Veterans will be
  educated on basic strength training concepts and physiological responses
  associated with strength training. A handout will be provided with information
  regarding different muscle groups, benefits of strength training and general
  concepts.

- Week 7, day 2: The RT will introduce veterans to different strength training
  machines. Veterans will learn the proper usage of each machine. Discussion
  will be held regarding safe weight lifting techniques and practices. Veterans
  will be provided with a strength training log to note their progress; RT will
  demonstrate how to log workout.

- Week 8, day 1: During this session, veterans will be introduced to upper body
  workout machines. The RT will thoroughly discuss upper body muscular
  system and machines associated with each muscle. Handout with common
upper body workout machines and free weights will be provided to the veterans to further their knowledge.

- Week 8, day 2: Veterans will be introduced to lower body workout machines during this last session of the month. Lower body workout machines will be discussed along with proper lifting and usage techniques. Veterans will be given a handout, showing common lower body workout machines.

*Month 3: Adoption Phase*

The third month is the adoption phase (McAuley, 1991) of the program; enabling veterans to adapt to the assigned exercise regimen. The role of the RT is limited to 50% in facilitation, while the veterans will take 50% responsibility in committing to the program. Even though the sessions will be held in a group setting, the RT will only facilitate group discussion once a week. For the aerobic portion of the program, veterans will be encouraged to increase their aerobic activity by five minutes per week. Veterans will also be encouraged to formalize an aerobic activity routine, working out on regular basis (3 or more times per week). Each week aerobic training and strength training will be held on alternate days, in the presence of the RT. The following schedule will be used for each week:

- Week 9, day 1: During this session, veterans will be encouraged to do a 30-minute upper body workout in a group setting. The RT will be providing individual feedback to veterans regarding their lifting techniques. Veterans
will also be encouraged to fill out their strength training workout logs to keep track of their progress.

- **Week 9, day 2:** Veterans will be asked to do their aerobic workout for 20 minutes. The RT will provide individual feedback regarding proper usage of aerobic workout machines. Veterans will be encouraged to fill out their aerobic workout log to note their progress.

- **Week 10, day 1:** This day, veterans will be encouraged to do a 30-minute lower body workout in a group setting. The RT will be providing individual feedback to veterans regarding proper lifting techniques. Veterans will also be encouraged to fill out strength training workout logs to keep track of their progress.

- **Week 10, day 2:** The RT will ask veterans to do an aerobic workout for 25 minutes. The increase in aerobic activity from the previous week is to ensure aerobic progress of each veteran. The RT will provide individual feedback regarding proper usage of aerobic workout machines. Veterans will be encouraged to fill out an aerobic workout log to note their individual aerobic activity progress.

- **Week 11, day 1:** During this session, veterans will be encouraged to do a 30-minute upper body workout in a group setting. The RT will be providing individual feedback to veterans regarding proper lifting techniques. Veterans
will also be encouraged to fill out their strength training workout logs to keep track of their progress.

- **Week 11, day 2:** The RT will ask the veterans to do an aerobic workout for 30 minutes. The increase in aerobic activity from the previous week is to ensure aerobic progress of each veteran. The RT will provide individual feedback regarding proper usage of aerobic workout machines. Veterans will be encouraged to fill out their aerobic workout log to note their aerobic activity progress.

- **Week 12, day 1:** During this session, veterans will be encouraged to do a 30-minute lower body workout in a group setting. The RT will be providing individual feedback to veterans regarding their lifting techniques. Veterans will also be encouraged to fill out their strength training workout logs to keep track of their progress.

- **Week 12, day 2:** Veterans will be asked to do their aerobic workout for 35 minutes. The increase in aerobic activity from the previous week is to ensure aerobic progress of each veteran. The RT will provide individual feedback regarding proper usage of aerobic workout machines. Veterans will be encouraged to fill out their aerobic workout log to note their aerobic activity progress.
Month 4: Maintenance Phase

The last month is the maintenance phase (McAuley, 1991) of the program with the RT having a very minimal role in relationship to the previous sessions. By this month, veterans will take full responsibility of their individual exercise sessions; hence maintaining their exercising behavior. During the first day of week one of this month, veterans will be provided an opportunity of developing their own personalized exercise session plans. The first session will be facilitated in a group. The RT will encourage veterans to form exercise groups and or work with partners for the rest of the month. Sample exercise plans will be handed to the veterans to further their knowledge regarding developing their own exercise plans. For the remainder of the month, RT will not hold group sessions, as each veteran will exercise on his or her own time. The last session of this month, a program wrap up session, will be held in a group setting. During this session, discussion will take place regarding goal achievement and progress of each veteran and maintenance and future exercise plans. Information will be given regarding obtaining a gym membership and program evaluations will be administered.

- Week 13, day 1: During this session, veterans will develop their own personalized exercise session plans. The RT will encourage veterans to form exercise groups or work with partners to increase social support. Sample exercise plans will be handed to the veterans to further their knowledge regarding developing their own plans. The RT will also provide feedback on individual exercise plans to ensure that the veterans are on the right path to
achieve their exercise goals. A combined weekly aerobic and strength training workout log will be provided to the veteran to note their progress for the month. The RT will also demonstrate how to fill out the form correctly. Veterans will be instructed to submit this weekly log to the RT every Monday so that the RT can track individual progress. At this time, RT will also notify the veterans that there will not be another group session until the very last session of month four. It is the responsibility of each veteran to work out during the week on his or her own.

- Week 13, day 2: There will be no group session, unless a veteran requests a meeting. It is a responsibility of the veteran to workout on his or her own time during this week. During this session time, RT will track aerobic performance of each veteran by completing the aerobic workout tracking form.

- Week 14, day 1: There will be no group session, unless a veteran requests a meeting. Each veteran will be working out on his or her own time during this week. During this session time, RT will track upper body workout performance of each veteran by completing the upper body workout form.

- Week 14, day 2: There will be no group session, unless a veteran requests a meeting. Each veteran will workout on his or her own time during this week. During this session time, RT will track lower body workout performance of each veteran by completing the lower body workout form.
• Week 15, day 1: There will be no group session, unless a veteran requests a meeting. It is a responsibility of the veteran to workout on his or her own time during this week. During this session time, RT will track three-month attendance of each veteran by completing the program attendance form.

• Week 15, day 2: There will be no group session, unless a veteran requests a meeting. Each veteran will workout on his or her own time during this week. During this session time, RT will develop aerobic exercise analysis for each veteran by completing the aerobic exercise analysis form. By this point, RT has enough data to track aerobic performance of each veteran. Individual aerobic analysis will be given to each veteran to provide feedback on his or her aerobic workout.

• Week 16, day 1: There will be no group session, unless a veteran requests a meeting. It is a responsibility of the veteran to workout on his or her own time during this week. During this session time, RT will develop strength training analysis for each veteran by completing the strength training analysis form. By this point, RT will examine the data collected to track strength training progress of each veteran. Individual strength training analysis will be given to each veteran to provide feedback on his or her strength training workout.

• Week 16, day 2: This last session of the program will be in a group setting. Discussion will entail individual performance during the program and future exercise plans of each veteran. RT will provide veterans general
information on how to enroll into an exercise program and or join a gym. At this time, RT will also provide veterans with all their tracking and analysis forms and review individual goals and objectives.

Conclusion

The project will be presented to the SFVAMC’s Recreation Therapy department as a program manual that will consist of weekly session outlines for the RT and all corresponding handouts for the veterans. It will detail implementation techniques for weekly sessions along with debriefing questions. This will assist with the implementation of project by the SFVAMC to the veterans with PTSD diagnosis related to military service. Final copy of the program manual itself is presented in the Appendix.
Chapter 4

PROJECT

The program manual (see Appendix) was developed to assist with the implementation of the fitness and wellness program, a four-month self-efficacy based exercise program with hourly sessions held twice a week for 16 weeks. Weekly lesson plans and handouts are included for each session. The four components of the self-efficacy theory as mentioned in the literature review are incorporated into the various lesson plans and handouts. According to Bandura (1986), people’s beliefs regarding their perceived self-efficacy can be enhanced by four components: (1) mastery experience, (2) vicarious experience, (3) verbal persuasion, and (4) physiological state experience by the individual while performing the activity.

The first component, mastery experience, is a belief that if individuals can master skills involved in performing a certain task; they will participate in the task without hesitation (Bandura, 1986). Weekly sessions are developed to teach exercise skills to veterans to increase their mastery experience. The second component, vicarious experience, is where an individual learns by watching others with similar abilities, perform a task. Bandura (1986) noted that observing people with a similar skill level perform tasks successfully can raise perception of self-efficacy and instilling a belief that individuals have that if others can do it then they can do it too. For this reason, sessions are held in a group setting that encourages social support within the veteran cohort and provides opportunity for watching others with similar exercise abilities.
Verbal Persuasion, the third component “is widely used to try to talk people into believing they possess capabilities that will enable them to achieve what they seek” (Bandura, 1986, p. 400). People who are persuaded verbally that they possess capabilities to master a given task are more likely to put forth effort and sustain it. The Recreation Therapist (RT) will ensure that individual analysis be provided to each veteran to further their experience. The physiological state is the last component when an individual feels a certain level of physiological response from his or her body due to participation in a given activity. High physiological arousal can result in performances deficiencies; therefore, it is necessary to utilize interventions and treatments that eliminate or address emotional arousal.
Chapter 5
DISCUSSION

This project is developed to incorporate the theory of self-efficacy into a physical exercise program for veterans with PTSD diagnosis due to military service. The four-month program is designed around the theoretical foundations of self-efficacy in efforts to increase participation and adherence to the exercise regimen. The idea that increase in participation and adherence to an exercise regimen will assist veterans with managing PTSD symptoms is detailed in the literature review.

Theoretical Implications-Self Efficacy

The sense of self-efficacy enhanced during this program can be generalized to other areas to the participating veterans of this program. The entire fitness and wellness program is based on changing exercise behavior of veterans so that they can independently participate in regular physical activity independently. Their belief of independence and responsibility may be a direct result of enhancement of their self-efficacy, learned during the program itself. During the four-month program, the veterans learned to follow through and commit to the program. They were educated on time management and how to work through the barriers associated with physically inactivity. The program also taught each of them how to overcome barriers and behave during time of adversity. Such skills can be transferred in other areas of their life, including living a healthy lifestyle and being responsible.
The program itself requires veterans to stay clean and sober during the four-month period that may serve as a starting point of their sobriety. It can also encourage them to commit to other healthy behaviors and follow through in their commitments. As mentioned in the literature, physical exercise reduces anxiety; this program also provided veterans with the preventative tool of exercise in managing their PTSD related anxiety symptoms.

Limitations

There are a number of limitations to this project: First, the project is designed for an outpatient clinic where the participants are required to transport themselves to the YMCA for the exercise sessions. Since outpatient clinics differ from inpatient facilities, numerous modifications (shorted program, different equipment) would need to occur if implementing this program in an inpatient facility. Second, all the participants are required to attend other therapeutic components including medication management, symptoms management, health and nutrition classes, in addition to the fitness and wellness program. Third, veterans’ self-motivation or previous exercise experience can also influence the level of participation in the program itself. Therefore, these components can have different effects on self-efficacy and anxiety symptoms of PTSD. Fourth, due to the limited resources, the program currently only enrolls 10 veterans per a four-month period. Fifth, due to paucity of self-efficacy based programs, this program is developed solely based on self-efficacy enhancing studies with physical exercise intervention. Finally, participants are veterans from different war eras (Vietnam War,
OIF/OEF etc); therefore, the duration of their diagnosis can vary by years. A veteran from Vietnam War may have been diagnosed for decades whereas a veteran from current OIF can be diagnosed with PTSD for only a few months.

Implications for Future Research

The fitness and wellness program is set up in stages that start by introducing an exercise behavior to the veterans, assists with adopting and later maintaining those behaviors (McAuley, 1991). Since change in exercise behavior is happening over time, this project can be developed as an experiment to test the changes in self-efficacy among veterans who participated in the program. Variables listed previously as limitations can be controlled to see if self-efficacy influences change in exercise behavior such as participation and adherence levels. The author of this project also had a difficult time finding research related to exercise, PTSD and anxiety. Therefore, it appears that there is a need of future research demonstrating the effects of physical exercise on symptom of anxiety of PTSD related to military service. This program is based on studies completed with older adults (Resnick et al., 2008), people with cardiovascular problems (Hiltumen et al., 2005) and older adults with osteoporosis (Hughes et al., 2005). Furthermore, utilizing this program for further testing would be of benefit as it directly relates exercise and anxiety associated with military PTSD. With the recent United States’ involvement in the OEF/OIF wars, 21.8% of veterans have been diagnosed with PTSD thus far (Marmar, 2009), it is important that such programs be tested to add to the body of
knowledge. This program can easily be implemented and tested and as research suggests could be extremely beneficial for its participants.
APPENDIX

Program Manual

Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Week #1, Day 1
Orientation to the program

Self-Efficacy Theoretical framework: Promoting vicarious experience and mastery skill

Size of group: 10-12

Space Requirement: A large empty room; Presidio YMCA

Equipment/Materials: Program description and expectations handout and program schedule, pens/pencils

Session Goal/Purpose: Enabling veterans to understand and lay groundwork on expectations of the program and individual participation.

Description/Procedure: Provide handouts to each veteran. The RT will give an overview of the fitness and wellness program by discussing schedule/class time and program expectations with the participants. Discuss monthly schedule and detail each phase of the program with the participants.

Month 1: Introduction phase
Month 2: Orientation phase
Month 3: Adoption phase
Month 4: Maintenance phase

Sample debrief/discussion questions:

- Other than the referral, what made you want to join this program?
- What does fitness and wellness mean to you?
- What is your mode of transportation (coming to the YMCA)?
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Program description and expectations
Month # 1: Orientation Phase

<table>
<thead>
<tr>
<th>Group Facilitator</th>
<th>Chris Geronimo, CTRS</th>
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<tbody>
<tr>
<td></td>
<td>(415) 221-4810 ext. 3471; Pager: (415) 207-1016</td>
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<table>
<thead>
<tr>
<th>Group site:</th>
<th>Presidio YMCA</th>
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<tbody>
<tr>
<td></td>
<td>Building # 63 Main Post Gym (Corner of Funston &amp; Lincoln)</td>
</tr>
<tr>
<td></td>
<td>San Francisco, CA 94129</td>
</tr>
<tr>
<td></td>
<td>Phone: (415) 447-9622</td>
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</table>

Group times: MW 1-2pm

Purpose: The program is designed to provide veterans with an educational, supervised fitness training module in order to enhance their basic knowledge of aerobic and strength training workout. Individualized goals and plans will be developed to increase motivation and participation to exercise. Veterans will also be provided with a post discharge exercise plan at the end of the fitness and wellness program. The membership fee is paid for by the SFVAMC

Program Description:
- The Program length is a total of 4 months with sessions held twice a week for an hour each session. Medical clearance from a primary care physician is mandatory prior to starting the fitness and wellness program.

Group Expectations:
- Veterans are expected to attend ALL group sessions on time. If a veteran is unable to attend or will be late, he/she will call Chris Geronimo to notify him about the absence/tardy.
- If a veteran exhibits continued difficulty attending the group sessions on a consistent basis, a meeting will be set up to determine the best course of action for the future.
- All veterans are expected to stay clean and sober when engaging in the fitness and wellness program.
- It is important that all gym rules and regulations are followed while at the YMCA.
- If complications arise from the two aforementioned expectations, a team meeting will be set up to address those issues.
What to Bring:

- The Veterans are encouraged to bring their own lock and gym bag. The facility provides day lockers and one towel per visit. Presidio YMCA has showers and dressing rooms.
- The Veterans should wear clothing that allows for optimum freedom of movement (sweatpants, shorts, t-shirts, sweatshirts). Comfortable closed toed shoes are mandatory (no sandals or casual/dress shoes).

Parking: Metered parking is in the front lot of the YMCA; MUNI can also be utilized to get to the gym.
## Month 1: Orientation Phase

**PTSD Fitness and Wellness Program**

**Program Schedule**

**Month # 1: Orientation Phase**

<table>
<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Class topic and schedule</th>
</tr>
</thead>
</table>
| #1   | 1   | Orientation to the program  
|      |     | Handouts: Program description and expectation; program schedule |
|      | 2   | Orientation to Presidio YMCA  
|      |     | Handouts: Orientation to YMCA, YMCA handbook |
| #2   | 1   | Lecture: Benefits of exercise for managing anxiety  
|      |     | Handout: Benefits of exercise |
|      | 2   | Barriers to exercise; discussion regarding pain, lack of time etc  
|      |     | Handout: Barriers to exercise |
| #3   | 1   | Goal and objectives: vets will plan 3 month goals and objectives  
|      |     | Handout: Goal planning |
|      | 2   | Adherence contract: importance of adherence  
|      |     | Handout: My adherence contract |
| #4   | 1   | Guest Speaker: former participant/s of the program will be coming in, to discuss their experiences in the program |
|      | 2   | Intro to general exercise session and at home exercises  
|      |     | Handout: Weekly exercise log |
Month # 2: Introduction Phase

<table>
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<tr>
<th>Week</th>
<th>Day</th>
<th>Class topic and schedule</th>
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<tbody>
<tr>
<td># 5</td>
<td>1</td>
<td>Introduction to Aerobics</td>
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<tr>
<td></td>
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<td>Handout: Benefits of Aerobic workout</td>
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<td>2</td>
<td>Intro to various aerobic workout machines at the YMCA</td>
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<tr>
<td>#6</td>
<td>1</td>
<td>Aerobic workout with group; RT will encourage each veteran to try out 2 new machine</td>
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<tr>
<td></td>
<td>2</td>
<td>Aerobic workout; RT will encourage veteran to pick 1 machine of choice and use it for entire group session</td>
</tr>
<tr>
<td>#7</td>
<td>1</td>
<td>Intro to Strength training</td>
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<td></td>
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<td>Handout: Benefits of strength training; major muscle groups</td>
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<td></td>
<td>2</td>
<td>Intro to all the machines; encourage veterans to use machines</td>
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<td></td>
<td>Handout: Strength training log</td>
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<td>#8</td>
<td>1</td>
<td>Upper body workout; discuss any pain associated while working out</td>
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<td>Handout: Common upper body weight machines and free weights</td>
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<tr>
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<td>2</td>
<td>Lower body workout; discuss any pain associated while working out</td>
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<td>Handout: Common lower body weight machines and free weights</td>
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Month # 3: Adoption Phase

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<td>Aerobics; increase to 25 minutes and higher intensity. Discussion by RT regarding individual goals, HW</td>
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<td>Aerobics; increase to 30 minutes and higher intensity. Discussion by RT regarding individual goals, HW</td>
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<td>Aerobics; increase to 35 minutes and higher intensity. Discussion by RT regarding individual goals, HW</td>
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### Month # 4: Maintenance Phase

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<tr>
<td># 13</td>
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<td>Group format: Each veteran will develop his or her own workout plan for the month. Encourage each participant to form workout partners for support system. Handout: Aerobic and strength training workout plan, aerobic and strength training workout log.</td>
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<tr>
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<td>Veterans workout own their own</td>
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<td>2</td>
<td>Group Format: Discuss individual goals, achievements etc. The RT will lead discussion on future work out plans and obtaining own membership to the gym. Note progress of each veteran. Handout: program evaluation</td>
</tr>
</tbody>
</table>
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Week #1, Day 2
Orientation to the Presidio YMCA

Self-Efficacy Theoretical framework: Promoting vicarious experience, mastery skill and verbal persuasion

Size of group: 10-12

Space Requirement: A large empty room; Presidio YMCA

Equipment/Materials: Orientation to the YMCA handout and the official YMCA handbook for the veterans

Session Goal/Purpose: Orient the veterans to the Presidio YMCA facility

Description/Procedure: Provide veterans with the orientation to the YMCA handout and distribute official YMCA handbooks. Go over the information provided in the handout and take the veterans for a facility tour including the gym and surrounding areas so that they are better acquainted with the YMCA.

Sample debrief/discussion questions:

- Discuss different transportation options with the veterans (as needed).
- Have you previously held any gym memberships? If yes, do you still have a gym membership?
- Why did you discontinue your gym membership?
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Orientation to the Presidio YMCA

Site: Presidio YMCA
Building # 63 Main Post Gym
Corner of Funston and Lincoln in Presidio
San Francisco, CA 94129
Phone: (415) 447-9622
Fax: (415) 447-9633

Following are general policies and rules, set forth by the Presidio YMCA

Members Check In
• A valid membership card must be presented to gain entry to the YMCA
• Membership cards used by individuals other than the designated care holder will result in immediate termination of the membership.

Locker Service:
• Day lockers are provided by the YMCA; members must provide a lock to secure all belongs.
• The YMCA is not responsible for any lost or stolen property.

Cell Phone/Camera
• Use of camera is strictly prohibited at the YMCA unless prior approved by the branch manager.
• Cell phones are only allowed in the front lobby and prohibited in all other areas

Emergency Drill
• For enhancing the safety procedures, unannounced drills will be held on monthly basis
• Members will be asked to clear the affected area for duration of the drill, affecting programming for about 5-10 minutes.

Please refer to the YMCA handbook for more detailed policies.
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Week # 2, Day 1
Benefits of exercise in managing anxiety

Self-Efficacy Theoretical framework: Promoting vicarious experience and verbal persuasion

Size of group: 10-12

Space Requirement: A large empty room with chairs and tables; Presidio YMCA

Equipment/Materials: Benefits of exercise handout, pens/pencils

Session Goal/Purpose: Enabling veterans to understand and discuss benefits of exercise in managing symptoms of anxiety.

Description/Procedure: Provide veterans with benefits worksheet, thoroughly discussing benefits of exercise.

Sample Debrief/Discussion questions:

- What do you think are the benefits of exercise?
- What do you think are the benefits of being enrolled in this program?
- Considering the many benefits of exercise, how many of you workout on regular basis?
- Those of you who participate in any physical activity/exercise, how does exercise affect your mood?
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Benefits of exercise handout (Johnsgard, 2004)

State Anxiety: How an individual is feeling at any given moment
Trait Anxiety: Baseline anxiety and tension level an individual feels over time

Scientific Studies:
Discussing an experiment conducted by Martisen et al (1989) and a Norwegian study on effects of exercise in treating anxiety disorders, Johnsgard (2004) suggested the following:

- Those who participate in regular aerobic exercise regimen significantly decrease anxiety scores
- Mastering the skill of exercise and using it as a distraction may help reduce anxiety
- Exercise helps reduce symptoms of severe anxiety disorders during the exercise regimen and the benefit can be maintained after the regimen is over by continual of working out.

What can exercise do?
- Single session of exercise (20-30 minutes) can decrease state anxiety for hours.
- State anxiety has been reduced by aerobic exercises such as running, walking, swimming and cycling.
- After 14 weeks of exercise, it may reduce trait anxiety.
- Less intense workouts such as brisk walking can reduce trait anxiety over a period of time if performed on regular basis (3-4x a week for 20 minutes).

Overall benefits of exercise:
- Improves mood
- Weight management
- Helps manage chronic illnesses
- Boost in energy level

In general: If we are putting our body through stressors of exercise, over time our bodies will learn to cope with the stressors. So exercise teaches our body how to handle stress and anxiety.
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Week # 2, Day 2
Barriers to exercise

Self-Efficacy Theoretical framework: Promoting vicarious experience, verbal persuasion, mastery skill and discussing physiological response.

Size of group: 10-12

Space Requirement: A large empty room with chairs and tables; Presidio YMCA

Equipment/Materials: Barriers to exercise handout, pens/pencils

Session Goal/Purpose: To facilitate discussion regarding the physical, physiological and environmental barriers to exercise

Description/Procedure: Provide veterans with barriers worksheet
- Thoroughly discuss individual barriers to exercise such as lack of time, pain etc
- Engage veterans in discussion regarding their personal barriers
  a. Pain associated with working out
  b. How to find relief from the pain: ice pack, hot water bottle etc
  c. Time management and busy schedules

Sample Debrief/Discussion questions:
- What can be considered barriers: physical, physiological, environment?
- Have each person discuss their barriers and overcoming such barriers plan
- In regards to attending this program, do you have any barriers?
- Can barriers be seen as excuses?
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Barriers to exercise handout (Blair et al., 2001)

<table>
<thead>
<tr>
<th>My 3 personal barriers to exercise are:</th>
<th>My plan for overcoming each barrier is:</th>
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<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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What will I do if:

1. I feel tired:

2. I don’t know how to get started:

3. I can’t find the time in my busy schedule:

4. I’m having a personal crisis:

5. I’m too sore from last time:

6. I’m discouraged because I never seem to reach my activity goal:
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Week # 3, Day 1
Goals and objectives

Self-Efficacy Theoretical framework: Promoting vicarious experience and verbal persuasion

Size of group: 10-12

Space Requirement: A large empty room with chairs and tables; Presidio YMCA

Equipment/Materials: Goals planning worksheet, pens/pencils

Session Goal/Purpose: To encourage veterans in establishing their own goals and objectives for the next three months.

Description/Procedure: Provide veterans with adherence contract worksheet
  • Revisit and discuss benefits and barriers of exercise.
  • Discuss the importance of setting realistic goals
  • Assist individual veterans with identifying their personal goals
  • Give examples of realistic goals from past programs:
    • Lost 4 lbs by end of the program
    • Workout 2x a week, outside of the program
    • Walk for 20 minutes everyday

Sample Debrief/Discussion questions:

  • Have each person discuss their goals for the program
  • Making a goal is one thing, acting on it is another. What steps can you take to ensure you will be meeting your goal?
  • What would you like to get out of this program, your overall goal?
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Goals Planning

Goal: is an end result you would like to achieve
Objectives: are steps you will take to reach your goal

Identify and write 3 goals you have for yourself while in this program. After each goal, discuss 2 objectives or your plan for reaching that goal. Be specific!

<table>
<thead>
<tr>
<th>Goal # 1</th>
<th>Objective</th>
<th>Objective</th>
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<tbody>
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<tr>
<td>Goal # 2</td>
<td>Objective</td>
<td>Objective</td>
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<tr>
<td>Goal # 3</td>
<td>objective</td>
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</table>
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Week # 3, Day 2
Adherence contracts

Self-Efficacy Theoretical framework: Promoting vicarious experience and verbal persuasion

Size of group: 10-12

Space Requirement: A large empty room with chairs and tables; Presidio YMCA

Equipment/Materials: My adherence contract, pens/pencils

Session Goal/Purpose: To encourage and assist veterans in developing a personal adherence to program contract

Description/Procedure: Provide veterans with adherence contract worksheet

- Revisit and discuss benefits and barriers of exercise.
- Discuss individual goals and objectives, encourage each participant to adopt and establish an adherence contract
- Discuss rewards and consequences with the veterans
  People often use a reward system as a strategy to meet their goals. In a study conducted by Blair et al (2001), those who used rewards to reach their physical activity goals were more active than their counterparts who did not.
  - Rewards can be: buying a favorite CD, going on an outing, new walking shoes etc
  - Consequences can be: not watching favorite show on TV, staying in this weekend

Sample Debrief/Discussion questions:

- Do you work better with rewards or consequences?
- What can be considered realistic rewards and realistic consequences?
- Discuss each person’s contract
- Discuss the importance of adhering to the program
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
My adherence contract

Write down ideas for rewards that might help you with reaching your goals and objectives:

<table>
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<tr>
<th>My reward:</th>
<th>Why I chose this reward:</th>
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</table>

<table>
<thead>
<tr>
<th>My consequence</th>
<th>Why I chose this consequence</th>
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</table>

Now use the rewards and or consequences listed above to establish your adherence contract:

When I meet my goal/s of:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

I will reward myself:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

If I don’t meet my goal/s of:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

I will:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Signature: __________________________ Date: _____________________________
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Week # 4, Day 1
Guest speaker

Self-Efficacy Theoretical framework: Promoting vicarious experience and verbal persuasion

Size of group: 10-12

Space Requirement: A large empty room with chairs and tables; Presidio YMCA

Equipment/Materials: none

Session Goal/Purpose: To promote vicarious experience of the participating veterans by engaging them in dialogue with a former participant/s of the fitness and wellness program

Description/Procedure: Introduce the guest speaker
- Encourage veterans to ask questions regarding barriers and benefits
- Encourage veterans to ask questions about strategies utilized by the guest speaker

Sample Debrief/Discussion questions:
- What do you think are the benefits of exercise?
- What do you think are the benefits of being enrolled in this program?
- Considering the many benefits of exercise, how many of you workout on regular basis?
- Those of you who participate in any physical activity/exercise, how does exercise affect your mood?
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Week #4, Day 2
Introduction to a general exercise session

Self-Efficacy Theoretical framework: Promoting mastery skill and verbal persuasion

Size of group: 10-12

Space Requirement: A large empty room with chairs and tables; Presidio YMCA

Equipment/Materials: Weekly exercise log, pens/pencils

Session Goal/Purpose: To promote mastery skills experience so that the veterans can process the intensity of this program and exercise session. Facilitate discussion regarding what should and should not be done in order to achieve individual goals.

Description/Procedure: Discuss a general exercise session: stretching, exercise, cool down
- Low intensity workout and high intensity workout
- Aerobic exercises: can be running, walking, jogging and swimming
- Strength training: lifting weights
- Normal pain session/soreness can be felt after an exercise program
- Explain how to fill out a weekly log so that the veterans can track their physical activity progress
- Normal workout session:
  1. Stretching for 10 minutes: stretching muscles before any workout session will help prevent muscle cramps and soreness
  2. Aerobics for 20 minutes
  3. Weight training for 20 minutes

Sample Debrief/Discussion questions:
- What activities can you do at home as part of low intensity exercises?
- Why do you think it is important to keep a weekly exercise log?
- What are other ways to track exercise performance?
- Will you do these activities alone or with someone else?
Month 1: Orientation Phase

PTSD Fitness and Wellness Program
Weekly exercise log

Name:  
Week of:  

<table>
<thead>
<tr>
<th>Day</th>
<th>Type of exercise or activity</th>
<th>Duration</th>
<th>Comments</th>
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<tbody>
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<td>Monday</td>
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<td>Sunday</td>
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Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Week #5, Day 1
Introduction to Aerobics

Self-Efficacy Theoretical framework: Promoting mastery skill by teaching aerobic activity monitoring skills to veterans; promoting knowledge about the physiological response by educating them on the signs of distress.

Size of group: 10-12

Space Requirement: A large empty room with chairs and tables; Presidio YMCA

Equipment/Materials: Information on Aerobic fitness, pens/pencils

Session Goal/Purpose: To teach veterans to take and monitor heart rate and provide general information about aerobic fitness.

Description/Procedure:
• Provide thorough overview of an aerobic workout session; provide handout for all the participants.
• Discuss pain relieving methods with the participants: ice-pack, hot bath etc
• Discuss the aerobic target zone formula in detail, help veterans come up with their own target heart rate.
• Help those who do not know how to take their pulse
• Teach veterans to use the following formula to get target heart rate for aerobic workouts
• Give the following example: for a 27 year old female:
  Maximum Heart Rate (MHR) = 220-27= 193
  Resting Heart Rate (RHR) = 98
  Heart Rate Reserve =193-98= 95 beats
  85 percent target rate= (95 X .85) + 72 = 148 beats per minute.

Sample debrief/discussion questions:
• What types of aerobic workouts have you done before, if any?
• Why did you stop engaging in these workouts?
• While working out, did you feel any physiological sensations?
• How can you incorporate aerobic exercises in your daily routine?
• What are some challenges you might have with continuing aerobic exercises after the conclusion of this program?
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Information on Aerobic Fitness (Hoeger, 1989)

Aerobic exercises defined: as activities that require oxygen to produce energy. Some examples are running, walking, jogging, swimming, rope skipping, step aerobics.

Overall benefits of aerobic exercise:
- Increase in cardiac muscle strength (strengthening of the heart)
- Decrease in risk of cardiovascular (heart) disease
- Physiological advantages: if done regularly, aerobic exercise can help an individual adapt to performing exercise at a higher rate for longer period of time
- Decrease in resting blood pressure
- Help maintain healthy weight
- Increase in mood due to release of endorphins in the body

General Information:
- Best time to do aerobic exercise: can be done at any time of the day
- Duration of aerobic exercise: recommendation is to exercise between fifteen and sixty minutes per session, depending on the intensity. As your body becomes acquainted to the time, increase your exercise time by 5 minutes each week
- Clothing: wear clothing that fits comfortably and allows for free movement
- Signs of distress: physiological symptoms such as headaches, dizziness, vomiting, pale skin, irregular heart rate, weakness, muscle cramps and lack of energy can occur during or after exercise. These signs are common for the most part, but if they cause undue stress, please STOP and notify your trainer. It is advised to seek medical help before continuing with the exercise program
- Breathing: natural breathing is necessary to prevent dizziness and lack of energy
- Safe limits: it’s always good to listen to your body and know your limits. To prevent putting unnecessary stain on your body, monitor your heart rate and stay within your target zone

Aerobic workout target zone: To improve your aerobic fitness, you have to maintain the heart rate between 70-80 percent training intensity. Use the following formula to come up with your target heart rate:
- Measure maximal heart (MHR) rate;
  Men = 205 minus (-) one-half the age
  Women = 220 minus (-) one-half the age
- Check your resting heartrate (RHR); taking pulse
- To get the heart rate reserve (HRR)= MHR minus (-) RHR
Multiply the HRR by .70 or .80 and add 72 to get your target zone

Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Week #5, Day 2
Aerobic Workout Machines

Self-Efficacy Theoretical framework: Promoting mastery skill by teaching proper usage of machines at the YMCA.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Aerobic activity log, pens/pencils

Session Goal/Purpose: To teach veterans proper usage of aerobic machines

Description/Procedure:
- Take the veterans on facility tour to show them the aerobic workout area.
- Briefly introduce and demonstrate the usage of aerobic machines at the YMCA (show intensity level, heart rate monitor, calorie counter etc)
- Ask for volunteers to enhance the vicarious experience of the veterans. Instruct veterans to visualize themselves working out on the machines to further their vicarious experience.
- Teach veterans how to log daily aerobic activity.
- Instruct veterans to bring their aerobic activity log on aerobic workout days

Sample debrief/discussion questions:
- Have you utilized any of the machines that are at the YMCA before?
- What machine seems easy for working out?
- Did any of the equipment intimidate you, why or why not?
- How can you do some of the activities we did today, outside of the YMCA?
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Aerobic activity log (Hoeger, 1989)

Name:
Week of:

<table>
<thead>
<tr>
<th>Day</th>
<th>Body weight</th>
<th>Type of exercise</th>
<th>Exercise heart rate</th>
<th>Duration of exercise</th>
<th>Distance (miles)</th>
<th>Calories burned</th>
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<td>1</td>
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</table>
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Week #6, Day 1
Aerobic Workout with Group

Self-Efficacy Theoretical framework: Promoting mastery skill by enabling veterans to use aerobic workout machines. Encouraging vicarious experience by exercising in a group setting.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Aerobic activity log, pens/pencils

Session Goal/Purpose: Encouraging veterans to use aerobic machines

Description/Procedure:
- RT will lead stretching exercises for 10 minutes to warm up for the session.
- Instruct veterans for chose 2 aerobic machines of choice and exercise for 15 minutes on each machine.
- End group with 10 minutes of cool down period while discussing their experiences.
- Encourage veterans to use their aerobic workout log for the session.

Sample debrief/discussion questions:
- Do you have a preference on which aerobic machine you liked/disliked?
- Did you feel any pain, exertion, loss of energy?
- If you did experience pain, what was it on a scale of 1 to 10 (1 being no pain, 10 being severe pain).
- What can you do to relieve your pain?
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Week #6, Day 2
Aerobic Workout

Self-Efficacy Theoretical framework: Promote mastery skill by enabling veterans to use aerobic workout machines. Encourage vicarious experience within a group setting. Provide personalized task specific feedback to promote verbal persuasion.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Pens/pencils, veterans can bring their aerobic workout log to the session

Session Goal/Purpose: Encouraging veterans to use 1 aerobic machine of their choice

Description/Procedure:
- RT will lead stretching exercises for 10 minutes to warm up for the session.
- Instruct veterans for chose an aerobic machine of choice and exercise for 20 minutes.
- RT will visit each veteran’s workout station to give personalized task specific feedback.
- RT will end group with 10 minutes of cool down period while discussing veterans’ exercise experience for the day.
- Encourage veterans to use the aerobic workout log for this session.

Sample debrief/discussion questions:
- What machine did you use and why?
- Did you feel any pain, exertion, loss of energy?
- Was it hard for you to work out for 20 minute?
- What are some obstacles you might face while doing these exercises independently?
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Week #7, Day 1
Introduction to Strength Training

Self-Efficacy Theoretical framework: Promoting mastery skill by educating veterans about strength training; promoting knowledge about the physiological state response by educating them on the signs of physical distress.

Size of group: 10-12

Space Requirement: A large empty room; Presidio YMCA

Equipment/Materials: Information on strength training, pens/pencils

Session Goal/Purpose: To Teach veterans various aspects of strength training

Description/Procedure:
- RT will provide thorough overview of a strength training workout session
- Discuss pain relieving methods with the participants: ice-pack, hot bath etc
- Discuss the importance of strength training, referring to the handout.
- Discuss modes of training:
  1. Isometric: working out using immovable objects (regular sit-ups, pushups)
  2. Isotonic: working out using machines or free weights

Sample debrief/discussion questions:
- Have you ever lifted weights before?
- While working out, did you feel any pain or distress?
- How can you incorporate aerobic exercises in your daily routine?
- Can you visualize yourself doing these exercises independently after the program is over?
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Information on Strength Training (Hoeger, 1989)

Strength training defined: as using some form resistance to strengthen the muscles like free weights.

Overall benefits of strength training:
- Crucial in performance of daily activities such as sitting, walking, lifting etc
- Improves posture and personal appearance
- Maintains muscle tissue
- Increases resting metabolism
- Helps prevent and eliminate chronic back pain
- For women: it is an important factor in child bearing

General Information:
- Frequency of strength exercises: recommendation is to lift weights 3X week with aerobic workout, or do a split-body routine (upper body one day, lower body the next).
- Resistance: similar to intensity in aerobic workout; it is weight lifted
- Sets: number of repetition performed for each exercise
- As you get use

Major Muscle Groups: (Wilson, 2010)
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Week #7, Day 2
Introduction to Weight Machines

Self-Efficacy Theoretical framework: Promoting mastery skill by educating veterans about different weight lifting machines. Discussing pain and distress felt during workout to teach physiological state response. Promoting vicarious experience by having veterans visualize themselves and watching peers use the weight machines

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Strength training log, pens/pencils

Session Goal/Purpose: Teaching veterans various aspects of strength training and proper usage of each machine and target muscle group

Description/Procedure:
- The RT will take the veterans on facility tour to show them the strength training workout area
- Briefly introduce and demonstrate the usage of strength training machines at the YMCA (show reps, sets,).
- Discuss the importance of lifting a weight that is safe.
- The RT Ask for volunteers to enhance the vicarious experience of the veterans.
- Have the veterans visualize themselves using these different machines.
- Teach veterans how to log the strength training workout sheet.
- Instruct veterans to bring the strength training log on strength training workout days

Sample debrief/discussion questions:
- Have you utilized any of the machines that are at the YMCA before?
- What machine seems easy for working out?
- Did any of the equipment intimidate you, why or why not?
- What do you need to do individually to motivate yourself to use these machines demonstrated today?
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Strength training log

Name:
Week of:

<table>
<thead>
<tr>
<th>Day</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>7</th>
<th>Comments</th>
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<tbody>
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<td></td>
<td>Exercise</td>
<td>Sets/reps</td>
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<td>Report any (+)/(-) sensations</td>
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Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Week #8, Day 1
Introduction to upper body weights

Self-Efficacy Theoretical Framework: Promoting mastery skill by educating veterans about different weight lifting machines. Discussing pain and distress felt during workout to teach physiological state response. Promoting vicarious experience by having veterans visualize themselves and watching peers use the weight machines in a group setting.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Common upper body machines and free weights, pens/pencils

Program Goal/Purpose: To teach veterans various aspects of upper body training and proper usage of each machine and target muscle groups.

Description/Procedure:
- The RT will briefly introduce and demonstrate the usage of common upper body workout machines.
- Discuss any adaptive techniques or free weights with the veterans
- Ask for volunteers to enhance the vicarious experience of the veterans.
- The RT will have the veterans visualize themselves using and working out on various machines.
- Teach veterans how to log their strength training workout for the day.

Sample debrief/discussion questions:
- Have you utilized any of the machines that are at the YMCA before?
- What machine seems easy for working out?
- Did any of the equipment intimidate you, why or why not?
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Common upper body weight machines and free weights
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Common upper body weight machines and free weights

Rehabilitation Reference Center

**SHOULDERS - 16 Lateral Deltoid Raise (Machine)**

Arms bent 90°, raise upper arms to just above shoulder height. Lead with elbows.

Do _____ sets. Complete _____ repetitions.

**SHOULDERS - 20 Rear Deltoid Raise: Standing Single Arm (Cable)**

Knees slightly bent, torso forward, back straight, raise arm to shoulder height.

Do _____ sets.
Complete _____ repetitions.

**SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)**

Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.

Do _____ sets.
Complete _____ repetitions.

**SHOULDERS - 8 Front Deltoid Press (Machine)**

Press handles to straight arms.

Do _____ sets.
Complete _____ repetitions.

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Month 2: Introduction Phase

PTSD Fitness and Wellness Program

Common upper body weight machines and free weights
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Common upper body weight machines and free weights

BACK: LATS - 4  Row: Bent Over (Barbell)
Lift barbell to chest, keeping back flat and knees bent.
Do ____ sets. Complete ____ repetitions.

ARMS: TRICEPS - 35  Extension: Sitting (Machine)
Press handles downward until arms are straight.
Do ____ sets. Complete ____ repetitions.

BACK: LATS - 23  Row: Low (Machine)
Body firmly against pad, pull handles to torso.
Do ____ sets. Complete ____ repetitions.

ARMS: TRICEPS - 33  Extension: Sitting (Machine)
Sit with shoulders slightly higher than support pad. Straighen arms.
Do ____ sets. Complete ____ repetitions.
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Common upper body weight machines and free weights

ARMS: BICEPS - 15 Curl: Sitting
Alternating (Dumbbell)

Hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.

Do _____ sets.
Complete _____ repetitions.

ARMS: TRICEPS - 34 Extension: Sitting (Machine)

Press handles downward until arms are straight.
Do _____ sets. Complete _____ repetitions.

ARMS: BICEPS - 7 Curl: Sitting – Medium Grip
(Preacher Bench, EZ Curl Bar)

Curl arms toward shoulders.

Do _____ sets.
Complete _____ repetitions.

ARMS: TRICEPS - 18 Extension: Standing (Cable)

Knees slightly bent, straighten arms, keeping upper arms close to sides of body.

Do _____ sets.
Complete _____ repetitions.
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Week #8, Day 2
Introduction to lower body weights

Self-Efficacy Theoretical Framework: Promoting mastery skill by educating veterans about different weight lifting machines. Discussing pain and distress felt during workout to teach physiological state response. Promoting vicarious experience by having veterans visualize themselves and watching peers use the weight machines.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Common lower body machines and free weights

Program Goal/Purpose: Teaching veterans various aspects of upper body training and proper usage of each machine and target muscle group

Description/Procedure:
- The RT will briefly introduce and demonstrate the usage of common upper body workout machines.
- Discuss any adaptive techniques or free weights with the veterans
- Ask for volunteers to enhance the vicarious experience of the veterans.
- The RT will have the veterans visualize themselves using and working out on various machines.
- Teach veterans how to log their strength training workout for the day

Sample debrief/discussion questions:
- Have you utilized any of the machines that are at the YMCA before?
- What machine seems easy for working out?
- Did any of the equipment intimidate you, why or why not?
Month 2: Introduction Phase

PTSD Fitness and Wellness Program
Common lower body weight machines and free weights
Month 2: Introduction Phase

PTSD Fitness and Wellness Program

Common lower body weight machines and free weights

LEGS: GLUTES / THIGHS - 25 Leg Extension (Machine)

Straighten legs to locked knee position, keeping toes flexed toward knees. Do ___ sets. Complete ___ repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs. Do ___ sets. Complete ___ repetitions.

LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)

Press forward until legs are just short of locked knee position. Do ___ sets. Complete ___ repetitions.

LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side. Do ___ sets. Complete ___ repetitions.
Month 3: Adoption Phase

PTSD Fitness and Wellness Program
Week #9, Day 1
Upper Body Weights

Self-Efficacy Theoretical framework: Promoting mastery skill by encouraging veterans to master each exercise machine. Promoting verbal persuasion by providing task specific feedback.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Pens/pencils

Session Goal/Purpose: To encourage veterans to perform upper body exercises in a group setting.

Description/Procedure:
- The RT will lead stretching exercises as a group for 10 minutes to warm up for the session.
- Encourage veterans to start their own upper body workout for 30 minutes.
- Encourage veterans to fill out the strength training workout logs to track strength training progress.
- Reconvene as a group and hold discussion regarding pain associated with exercise and management of such pain.

Sample debrief/discussion questions:
- What machines did you work on?
- While working out, did you feel any physiological sensations?
- How can you incorporate aerobic exercises in your daily routine?
- Can you visualize yourself using these machines outside of the program/session?
Month 3: Adoption Phase

PTSD Fitness and Wellness Program
Week #9, Day 2
Aerobic Workout

Self-Efficacy Theoretical framework: Promoting mastery skill by teaching proper usage of machines at the YMCA.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Pens/pencils

Session Goal/Purpose: To encourage veterans to choose and utilize an aerobic machine

Description/Procedure:
- The RT will lead a group stretching exercises for 10 minutes to warm up for the session.
- Instruct each veteran to choose an aerobic exercise machine of choice and workout for 20 minutes.
- Instruct each veteran to log their aerobic progress for the session.
- Reconvene as a group and do cool down exercises for 10 minutes.
- Encourage veterans to continue their aerobic workout independently outside of the program.

Sample debrief/discussion questions:
- Discuss each individual’s aerobic exercise experience.
- Which aerobic machine did you use?
- Can you workout independently on this machine, outside of the program?
- Discuss any physiological sensations reported by the veterans during the session.
- Answer any questions the veterans may have regarding the session.
Month 3: Adoption Phase

PTSD Fitness and Wellness Program
Week #10, Day 1
Lower Body Weights

Self-Efficacy Theoretical framework: Promoting mastery skill by encouraging veterans to master each exercise machine. Promoting verbal persuasion by providing task specific feedback.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Pens/pencils

Session Goal/Purpose: To encourage veterans to perform lower body exercises in group setting.

Description/Procedure:
- The RT will lead stretching exercises as a group for 10 minutes to warm up for the session.
- Encourage veterans to start their own lower body workout for 30 minutes.
- Encourage veterans to fill out the strength training workout logs to track strength training progress.
- Reconvene as a group and hold discussion regarding pain associated with exercise and management of such pain.

Sample debrief/discussion questions:
- What machines did you workout on?
- While working out, did you feel any physiological sensations?
- How can you incorporate lower body exercises in your daily routine?
Month 3: Adoption Phase

PTSD Fitness and Wellness Program
Week #10, Day 2
Aerobic Workout

Self-Efficacy Theoretical framework: Promoting mastery skill by teaching the veterans proper usage of aerobic machines at the YMCA.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Pens/pencils

Session Goal/Purpose: To encourage veterans use aerobic machine of choice and increase their workout time by 5 minutes from previous aerobic session

Description/Procedure:
• The RT will lead a group stretching exercises for 10 minutes to warm up for the session.
• Instruct each veteran to choose an aerobic exercise machine of choice and workout for 25 minutes.
• Instruct each veteran to log their aerobic progress for the session.
• Reconvene as a group and do cool down exercises for 10 minutes.
• Encourage veterans to continue their aerobic workout independently outside of the program.

Sample debrief/discussion questions:
• Discuss each individual’s aerobic exercise experience.
• Which aerobic machine did you use?
• Can you workout independently on this machine, outside of the program?
• Discuss any physiological sensations reported by the veterans during the session.
• Answer any questions the veterans may have regarding the session.
Month 3: Adoption Phase

PTSD Fitness and Wellness Program
Week #11, Day 1
Upper Body Weights

Self-Efficacy Theoretical framework: Promoting mastery skill by encouraging veterans to master each exercise machine. Promoting verbal persuasion by providing positive feedback.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Pens/pencils

Session Goal/Purpose: To encourage veterans to perform upper body exercises in group setting.

Description/Procedure:
- The RT will lead stretching exercises as a group for 10 minutes to warm up for the session.
- Encourage veterans to start their own upper body workout for 30 minutes.
- Encourage veterans to fill out the strength training workout logs to track strength training progress.
- Reconvene as a group and hold discussion regarding pain associated with exercise and management of such pain.

Sample debrief/discussion questions:
- What machines did you work on?
- While working out, did you feel any physiological sensations?
- How can you incorporate these exercises in your daily routine?
- Are there any questions and or concerns you have about the workouts we performed today?
Month 3: Adoption Phase

PTSD Fitness and Wellness Program
Week #11, Day 2
Aerobic Workout

Self-Efficacy Theoretical framework: Promoting mastery skill by teaching proper usage of machines at the YMCA.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Pens/pencils

Session Goal/Purpose: To encourage veterans use aerobic machine of choice and increase their workout time by 5 minutes from previous aerobic session

Description/Procedure:
- The RT will lead a group stretching exercises for 10 minutes to warm up for the session.
- Instruct each veteran to choose an aerobic exercise machine of choice and workout for 30 minutes.
- Instruct each veteran to log their aerobic progress for the session.
- Reconvene as a group and do cool down exercises for 10 minutes.
- Encourage veterans to continue their aerobic workout independently outside of the program.

Sample debrief/discussion questions:
- Discuss each individual’s aerobic exercise experience.
- Which aerobic machine did you use?
- Where you able to exercise for entire 30 minute period as instructed? Why or why not?
- Can you workout independently on this machine, outside of the program?
- Discuss any physiological sensations reported by the veterans during the session.
- Answer any questions the veterans may have regarding the session.
Month 3: Adoption Phase

PTSD Fitness and Wellness Program
Week #12, Day 1
Lower Body Weights

Self-Efficacy Theoretical framework: Promoting mastery skill by encouraging veterans to master each exercise machine. Promoting verbal persuasion by providing task specific feedback.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Pens/pencils

Session Goal/Purpose: To encourage veterans to perform lower body exercises in a group setting.

Description/Procedure:
- The RT will lead stretching exercises as a group for 10 minutes to warm up for the session.
- Encourage veterans to start their own lower body workout for 30 minutes.
- Encourage veterans to fill out the strength training workout logs to track strength training progress.
- The RT will provide task specific feedback to each individual veteran while he or she is working out.
- Reconvene as a group and hold discussion regarding pain associated with exercise and management of such pain.

Sample debrief/discussion questions:
- What machines did you work on?
- While working out, did you feel any physiological sensations?
- How can you incorporate lower body exercises in your daily routine?
- Have you been lifting weights outside of the program?
- Are there any questions and or concerns you have about today’s session?
Month 3: Adoption Phase

PTSD Fitness and Wellness Program
Week #12, Day 2
Aerobic Workout

Self-Efficacy Theoretical framework: Promoting mastery skill by teaching proper usage of machines at the YMCA.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: none

Session Goal/Purpose: To encourage veterans use aerobic machine of choice and increase their workout time by 5 minutes from previous aerobic session

Description/Procedure:
- The RT will lead a group stretching exercise for 10 minutes to warm up for the session.
- Instruct each veteran to chose an aerobic exercise machine of choice and workout for 35 minutes
- Instruct each veteran to log his or her aerobic progress for the session in the aerobic workout log.
- Reconvene as a group to perform cool down exercises for 10 minutes.
- Encourage veterans to continue their aerobic workout outside of the program

Sample debrief/discussion questions:
- Discuss each individual’s aerobic exercise experience during the session.
- Discuss any physiological sensations reported by the veterans while performing aerobic exercises.
- How can you incorporate aerobic workout in your daily routine?
- Answer any questions the veterans may have regarding the session.
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Week #13, Day 1
Workout plan

Self-Efficacy Theoretical framework: Promoting mastery skill by encouraging veterans to develop a personalized workout plan. Promoting verbal persuasion by providing task specific feedback regarding individual plan. Encouraging veterans to form exercise groups to further their vicarious experience.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Aerobic and strength training workout plan, aerobic and strength training workout log, pens/pencils, pens/pencils.

Session Goal/Purpose: After the completion of mastering the exercise equipment of choice, the veterans will be encouraged to develop an individualized workout plan.

Description/Procedure:
- Discuss a sample workout plan with the veterans.
- Give veterans time to develop individualized plans.
- Instruct them to keep major muscle groups in mind and include activities they enjoy as part of their workout plan.
- For aerobic activity, instruct veterans to increase time and or intensity of the activity each week
- Go over individualized plans before they start next week
- Notify veterans that this will be the only group session held during this month, until the last session. Veterans will be responsible for working out on their own time every week
- Encourage veterans to form workout group for social support
- Notify the veterans that their aerobic and strength training workout log will be collected every Monday. It is their responsibility to turn in that log to the RT by 5pm on Monday

Sample debrief/discussion questions:
- The RT will spend individually time with each veteran discussing the personalized plan he or she has developed.
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Aerobic and Strength Training Workout Plan

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<th>Duration</th>
<th>Target muscles</th>
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Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Aerobic and Strength Training Workout log

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<th>Calories burned</th>
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<th>Reps/ Sets</th>
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Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Week #13, Day 2
Tracking Aerobic activity

Self-Efficacy Theoretical framework: Promote verbal persuasion by providing task specific feedback regarding veterans’ aerobic workout. No meeting with the veterans is necessary unless the veterans request a personal session.

Size of group: 0

Space Requirement: none

Equipment/Materials: Aerobic workout tracking filled out for individual veterans by the RT

Session Goal/Purpose: To track individual aerobic workout progress for each veteran in order to provide task specific feedback.

Description/Procedure:
- The RT will fill out aerobic workout tracking sheet for each veterans
- Analyze any aerobic patterns such as increase/decrease in exercise time, aerobic equipment utilized and calories burn.
- Report major concerns or questions to each veteran.
- Provide positive task specific to each veteran.

Sample debrief/discussion questions: none
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Aerobic Workout Tracking

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Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Week #14, Day 1
Tracking Upper body Workout

Self-Efficacy Theoretical framework: Promote verbal persuasion by providing task specific feedback regarding veterans’ upper body workout. No meeting with the veterans is necessary unless the veterans request a personal session.

Size of group: 0

Space Requirement: none

Equipment/Materials: Upper body workout tracking filled out for individual veterans by the RT

Session Goal/Purpose: To track individual upper body workout progress for each veteran in order to provide task specific feedback.

Description/Procedure:
- The RT will fill out upper body workout tracking sheet for each veterans
- Analyze any patterns such as exercise equipment utilized, sets and reps performed and increase/decrease in weight lifted.
- Report major concerns or questions to each veteran.
- Provide task specific feedback to each veteran.

Sample debrief/discussion questions: none
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Upper Body Workout Tracking

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Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Week #14, Day 2
Tracking Lower body Workout

Self-Efficacy Theoretical framework: Promote verbal persuasion by providing task specific feedback regarding veterans’ lower body workout. No meeting with the veterans is necessary unless the veterans request a personal session.

Size of group: 0

Space Requirement: none

Equipment/Materials: Lower body workout tracking filled out for individual veterans by the RT

Session Goal/Purpose: To track individual upper body workout progress for each veteran in order to provide task specific feedback.

Description/Procedure:
- The RT will fill out lower body workout tracking sheet for each veterans
- Analyze any patterns regarding lower body weight lifting such as increase/decrease in weight lifted, sets/reps performed.
- Report major concerns or questions to the veteran
- Provide positive feedback to the veteran

Sample debrief/discussion questions: none
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Lower Body Workout Tracking

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Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Week #15, Day 1
Tracking Veterans’ attendance

Self-Efficacy Theoretical framework: Promote verbal persuasion by providing task specific feedback regarding veterans’ program attendance. No meeting with the veterans is necessary unless the veterans request a personal session.

Size of group: 0

Space Requirement: none

Equipment/Materials: Attendance log filled out for individual veterans by the RT

Session Goal/Purpose: To track veteran attendance during the 3 month group session

Description/Procedure:
- The RT will fill out attendance tracking sheet for each veteran
- Analyze any attendance trends such as number of classes missed vs. number of classes attended in the past three-month period.
- Report major concerns or questions to each veteran

Sample debrief/discussion questions: none
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Attendance log

<table>
<thead>
<tr>
<th>Name</th>
<th># class attended (out of 24)</th>
<th># classes missed (out of 24)</th>
<th># of excused absences</th>
<th># of unexcused absences</th>
<th>Comments</th>
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</tbody>
</table>
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Week #15, Day 2
Aerobic Exercise Analysis

Self-Efficacy Theoretical framework: Promote verbal persuasion by providing task specific feedback regarding veterans’ aerobic exercise analysis. No meeting with the veterans is necessary unless the veterans request a personal session.

Size of group: 0

Space Requirement: none

Equipment/Materials: Aerobic exercise analysis for each veteran filled out by the RT

Session Goal/Purpose: To complete each veteran’s aerobic exercise analysis and provide task specific feedback.

Description/Procedure:
- The RT will fill out the aerobic exercise analysis sheet for each veteran.
- Report major questions and or concerns to the veteran
- Provide task specific feedback to each veteran.

Sample debrief/discussion questions: none
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Aerobic Exercise Analysis

Name:  
_______________________________________________________________________

Activities of choice:  
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Note any increase/decrease in exercise duration:  
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Note any increase/decrease in calories burned:  
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Overall trends in aerobic exercise:  
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Comments:  
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Signature: ________________________________                 Date: __________
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Week #16, Day 1
Strength Training Analysis

Self-Efficacy Theoretical framework: Promote verbal persuasion by providing task specific feedback regarding veterans’ strength training analysis. No meeting with the veterans is necessary unless the veterans request a personal session.

Size of group: 0

Space Requirement: none

Equipment/Materials: Strength training analysis for each veteran filled out by the RT

Session Goal/Purpose: To complete each veteran’s strength training analysis

Description/Procedure:
- The RT will fill out the strength training analysis sheet for each veteran.
- Report major questions and or concerns to the veteran
- Provide task specific feedback to each veteran.

Sample debrief/discussion questions: none
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Strength Training Analysis

Name: ________________________________________________________________

Activities of exercise (upper and lower):
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Note any increase/decrease in reps/sets:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Note any increase/decrease in weight lifted:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Overall trends in strength training or major concerns/comments reports by the veteran:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Comments:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

Signature: ___________________________     Date: ______________________
month 4: Maintenance Phase

PTSD Fitness and Wellness Program
Week #16, Day 2
Program/Personal Evaluation

Self-Efficacy Theoretical framework: Promoting mastery skill by encouraging veterans to independently enroll in a gym and continue to exercise. Promoting verbal persuasion by providing task specific feedback on veterans’ overall progress in the fitness and wellness program.

Size of group: 10-12

Space Requirement: Presidio YMCA gym

Equipment/Materials: Program evaluation, pens/pencils

Session Goal/Purpose: To provide personal evaluation to each veteran; discuss future exercise regimen with the veterans.

Description/Procedure:
- The RT will provide each veteran with their personalized aerobic and strength training analysis.
- Go over enrollment and membership criteria for the YMCA with the group (this can be located in the YMCA handbook)
- Discuss each veteran’s overall goals and objective for the past four-month period.
- Discuss the benefits of adherence contracts with each veteran

Sample debrief/discussion questions:
- Did you meet your goals that you developed in the beginning of the program?
- Did having an adherence contract help keep you motivated? Why or why not?
- Did the sample workout plan help you?
- After attending the fitness and wellness program for the last four months, do you think you can join a gym on your own?
- Will you continue to exercise independently at home?
Month 4: Maintenance Phase

PTSD Fitness and Wellness Program

Program Evaluation

For each question below, indicate how confident you are that you can participate in aerobic and strength training workout on your own. Rate your answers from not at all confident (1) to very confident (5).

I am confident that I can participate in aerobic and strength training workout…

<table>
<thead>
<tr>
<th>Question</th>
<th>Not confident at all</th>
<th>confident</th>
<th>Very confident</th>
</tr>
</thead>
<tbody>
<tr>
<td>At least 2 days per week</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If there is a lack of time due to work</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If there is a lack of time due to family responsibility</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If there is a lack of time due to other interest</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If you lack energy (too tired)</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If you lack athletic ability</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If there is lack of programs</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If there is a lack of facilities</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If you lack a partner</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If there is a lack of support from family</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If there is a lack of support from friends</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If participation costs money</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If you lack self-discipline or willpower</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If you are self-conscious (feeling uncomfortable)</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If you have a long term illness, injury or disability</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If you have a fear of injury</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If you feel stressed</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If you do not feel in the mood</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>If you feel discomfort (pain, soreness)</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>If you do not have fun</td>
<td>1</td>
<td>2</td>
<td>3</td>
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</tbody>
</table>

(Dwyer, Allison, & Makin, 1998)
REFERENCES


