GUIDELINES ON HOW TO SEARCH THE SCIENCE DIRECT DATABASE

MRS MAHWASANE N. P.
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AUGUST 2012
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Click on DATABASES
List of DATABASES

The library subscribed to a number of databases accessible over the internet. The databases are as follows:

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39,021 articles found for: ALL(physical change and adolescent stages)

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Content Type

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1. Stage Matched Minimal Interventions to Enhance Physical Activity in Chinese Adolescents
   - Original Research Article
   - Ralf Schwarzer, Dian Sheng Cao, Sonia Lippke
   - Show preview | PDF (328 K) | Related articles | Related reference work articles

2. Korean adolescents’ exercise behavior and its relationship with psychological variables based on stages of change model
   - Original Research Article
   - Journal of Adolescent Health, Volume 34, Issue 6, June 2004, Pages 529-530
   - Young-ho Kim
   - Show preview | PDF (92 K) | Related articles | Related reference work articles
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Mediators of behavior change in two tailored physical activity interventions for adolescent girls

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Health Promotion (HP) Model or an intervention developed from the HP Model that included two processes from the Transtheoretical Model (THP). Both interventions included school-based education sessions, individual counseling sessions, and two physical activity sessions completed with the participants’ mothers. Measures were assessed prior to the intervention, at post-intervention and at a 6-month follow-up. The following constructs were included in the mediation analyses: perceived benefits, perceived barriers, self-efficacy, exposure to models, social support, interpersonal norms, planning, stimulus control, and counterconditioning.

Results: Perceived benefits, perceived barriers, self-efficacy, and commitment to planning satisfied the criteria for mediation in the THP intervention. Self-efficacy and commitment to planning were identified as mediators in the HP intervention.

Conclusion: The results of this study provide evidence that both interventions were successful in increasing physical activity through changes in the theoretical constructs.

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Keywords: Exercise; Adolescents; Mediators; Physical activity; Intervention; Behavior change

Introduction

Participation in regular physical activity is associated with a variety of positive outcomes for young people (Strong et al., 2005). Although many of the physiological benefits of physical activity are difficult to establish

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End of guidelines for searching ScienceDirect database

Thank you