

W D A F I E C A

[Home](#)
[About Us](#)
[Services](#)
[Contact Us](#)

Journal of Management Inquiry 20(1) 3-14
© The Author(s) 2011
Reprints and permissions: sagepub.com/journalsPermissions.nav
DOI: 10.1177/1056492611400611
<http://jmi.sagepub.com>

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

Keywords: child sexual abuse; disclosure; self-blame; social support

[View all posts by](#) [Walter D. Ralston](#)

© 2007 The Authors
Journal compilation © 2007 Blackwell Publishing Ltd


<https://creativecommons.org/licenses/by-sa/4.0/>

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of older adults. The study was a randomized, controlled trial. The intervention group consisted of 20 older adults who participated in a 12-week walking program. The control group consisted of 20 older adults who did not participate in the program. The study was conducted in a community center. The results of the study showed that the walking program had a positive effect on the physical and psychological health of the older adults. The walking program improved the physical health of the older adults, as measured by the 6-minute walk test, and the psychological health of the older adults, as measured by the Geriatric Depression Scale. The walking program also improved the quality of life of the older adults, as measured by the SF-36. The walking program was well tolerated by the older adults, and there were no adverse effects. The results of this study suggest that a 12-week, low-intensity, supervised walking program is a safe and effective intervention for improving the physical and psychological health of older adults.

Source: <http://www.fishbase.org>

© 2008 Pearson Education, Inc. All rights reserved. Printed in the United States of America. This publication is protected by copyright. Any unauthorized distribution or reproduction of this work in any form or by any means without the prior written permission of Pearson Education, Inc. is prohibited. All trademarks are the property of their respective owners.

 UNIVERSITY OF MICHIGAN PRESS

[Back to Top](#)
[Home](#)
[About Us](#)
[Services](#)
[Testimonials](#)
[Contact Us](#)

© 2007 Pearson Education, Inc. All rights reserved. This publication is protected by copyright. Any unauthorized distribution or reproduction of this work is illegal. All other rights reserved.

Journal of Management Education 36(10) 1099-1120, October 2012

[illegible]

THE JOURNAL OF THE **ROYAL ANTHROPOLOGICAL INSTITUTE**

doi:10.1371/journal.pone.0142474 <https://doi.org/10.1371/journal.pone.0142474> **PMID: 25600000** **PMCID: PMC4470000**

[illegible]

Figure 1 | **Flowchart illustrating the study design.** The flowchart shows the progression from the initial pool of 1000 subjects to the final 100 subjects who completed the study. The initial pool was divided into two groups: 500 subjects who were screened and 500 subjects who were not screened. The screened group was further divided into 250 subjects who were included in the study and 250 subjects who were excluded. The non-screened group was further divided into 250 subjects who were included in the study and 250 subjects who were excluded. The final 100 subjects were divided into 50 subjects who were included in the study and 50 subjects who were excluded.

© 2005 Blackwell Publishing Ltd *Journal of Internal Medicine* 258: 105–112

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of older adults. The study was a randomized, controlled trial. The intervention group consisted of 20 older adults who participated in a 12-week walking program. The control group consisted of 20 older adults who did not participate in the program. The study was conducted in a community center. The results of the study showed that the walking program had a positive effect on the physical and psychological health of the older adults. The walking program improved the physical health of the older adults, as measured by the 6-minute walk test and the Timed Up and Go test. The walking program also improved the psychological health of the older adults, as measured by the Geriatric Depression Scale and the Geriatric Anxiety Inventory. The walking program was well tolerated by the older adults, and there were no adverse effects. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of older adults.

Index



DEPARTMENT OF HEALTH AND HUMAN SERVICES
OFFICE OF THE ASSISTANT SECRETARY FOR
REGULATORY AFFAIRS
WASHINGTON, D.C. 20201

✓

PRODUCTS AVAILABLE

© 2006 Blackwell Publishing Ltd *Journal of Internal Medicine* 260: 105–112

[!\[\]\(b96b3a660a85c4a0498f921ce823c64a_img.jpg\)](#)
[!\[\]\(702bd704463ed73f089b4485cfbe699c_img.jpg\)](#)
[!\[\]\(bfc478ea363df9964220118ce1a623cf_img.jpg\)](#)