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What we did:

- Ten female participants (age range 28-57 years) volunteered to be interviewed at their workplace regarding their experiences of the 2015 Workplace Step Count Challenge. The data were analysed using Framework Analysis in order to identify the perceived benefits of participation in the Challenge.

What we found:

- The reported benefits of participation clustered around three major themes:
 - 1) Mental Health benefits (see Figure 1)
 - 2) Physical health benefits (see Figure 2)
 - 3) Feelings of empowerment (see Figure 3)

Figure 1: Reported benefits relating to mental health clustered into 12 sub-themes with example quotes.

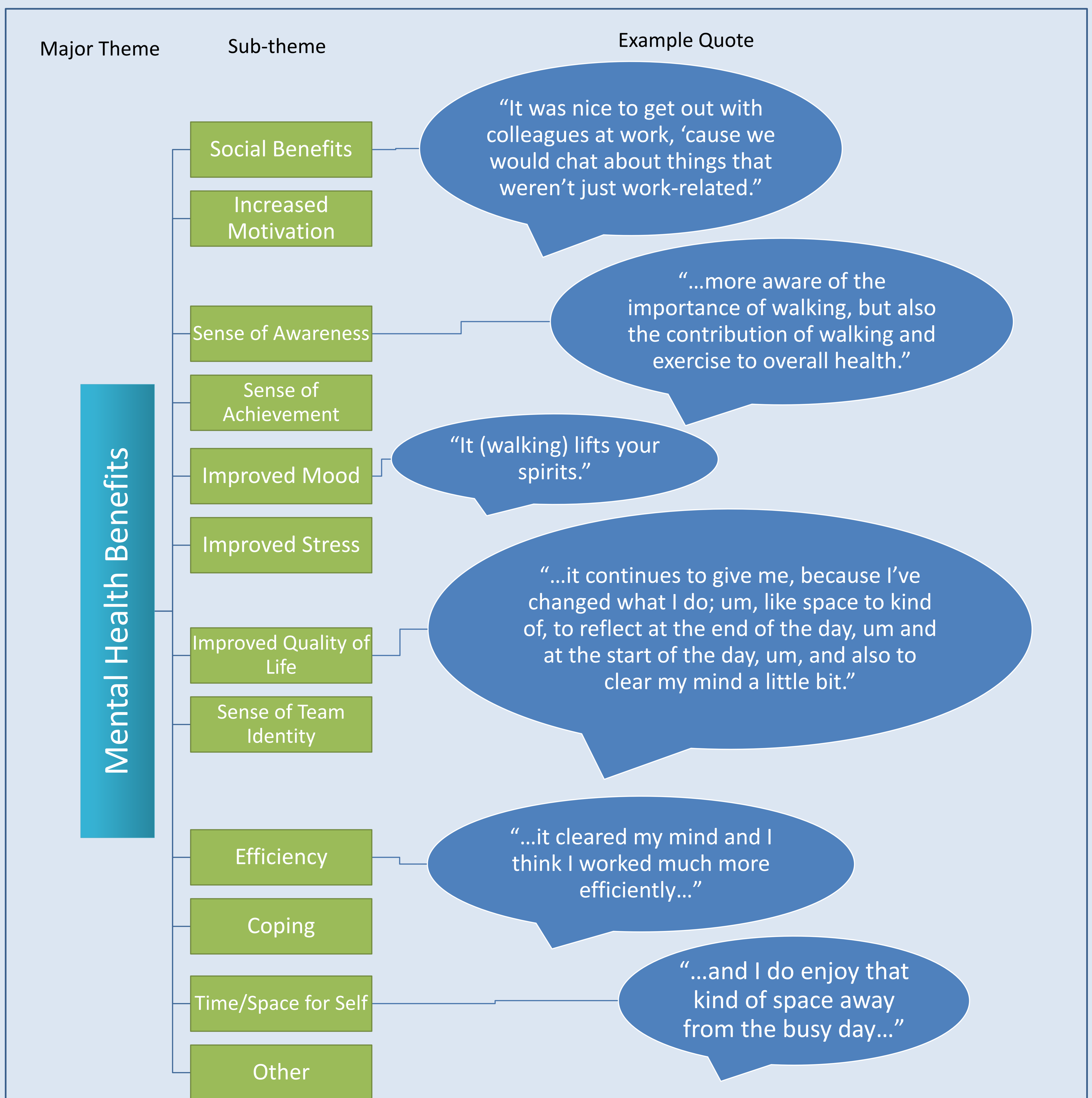


Figure 2: Reported benefits relating to physical health clustered into 5 sub-themes with example quotes.

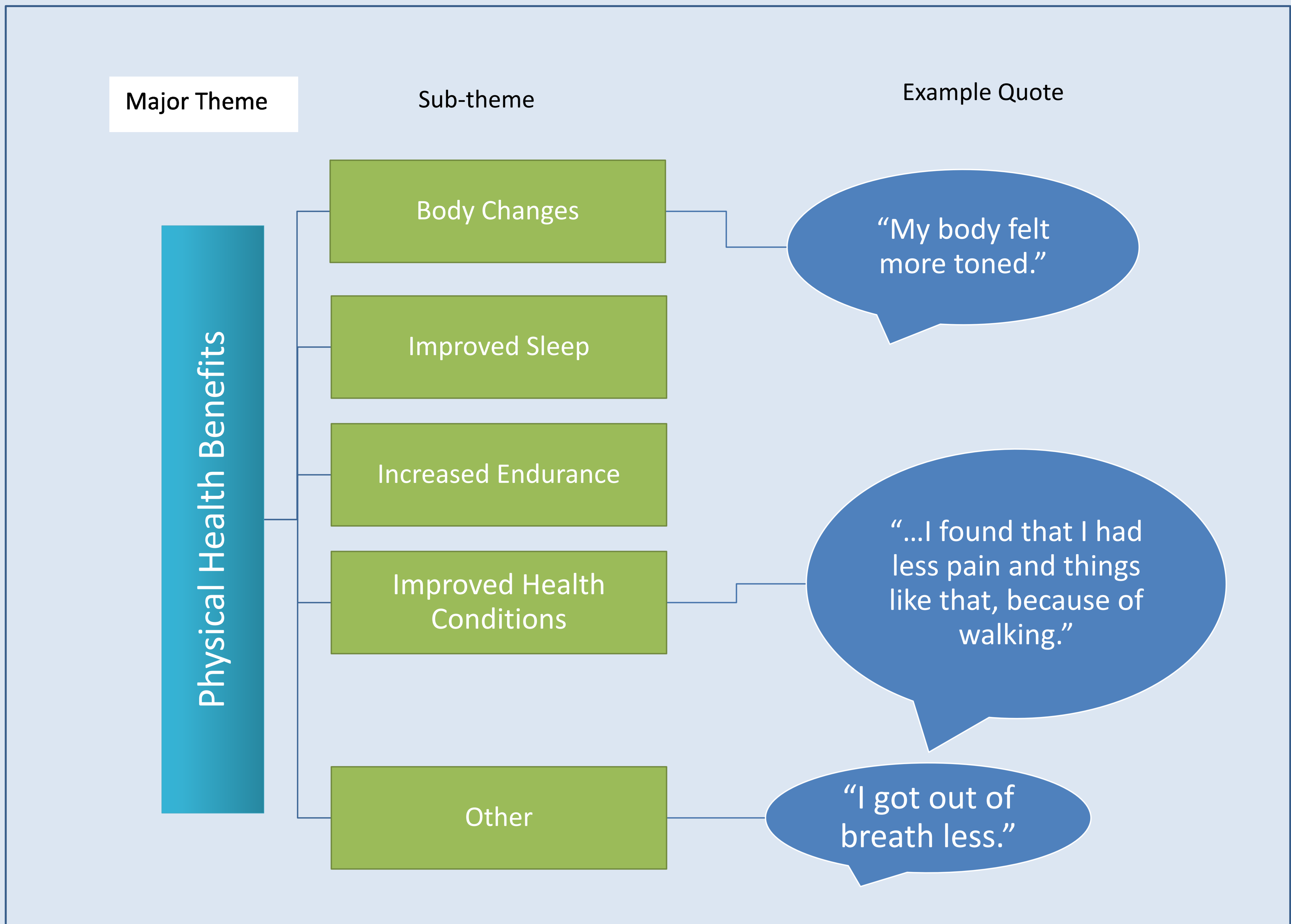
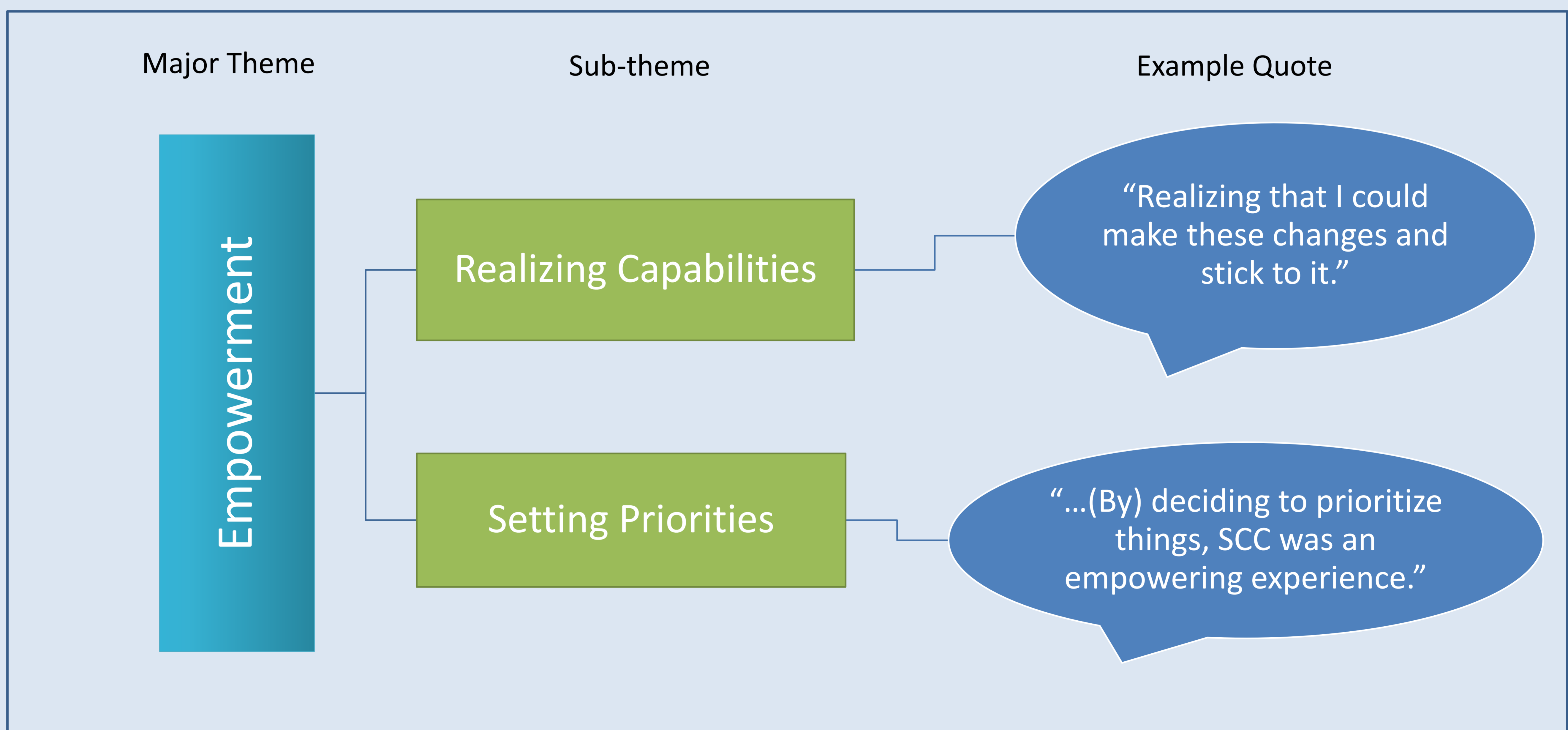


Figure 3: Reported benefits relating to empowerment clustered into 2 sub-themes with example quotes.



What does this mean?:

- Participants identify a number of benefits of participating in the Step Count Challenge with the majority of the benefits relating to mental health. It was apparent that the mental and physical health benefits were interlinked (i.e., feel better physically then feel better mentally). Although this sample was small and therefore the findings should be viewed as preliminary, they do provide support for promoting the Step Count Challenge.

Acknowledgements

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- This study was undertaken in fulfilment of the requirements of MSc Physical Activity for Health