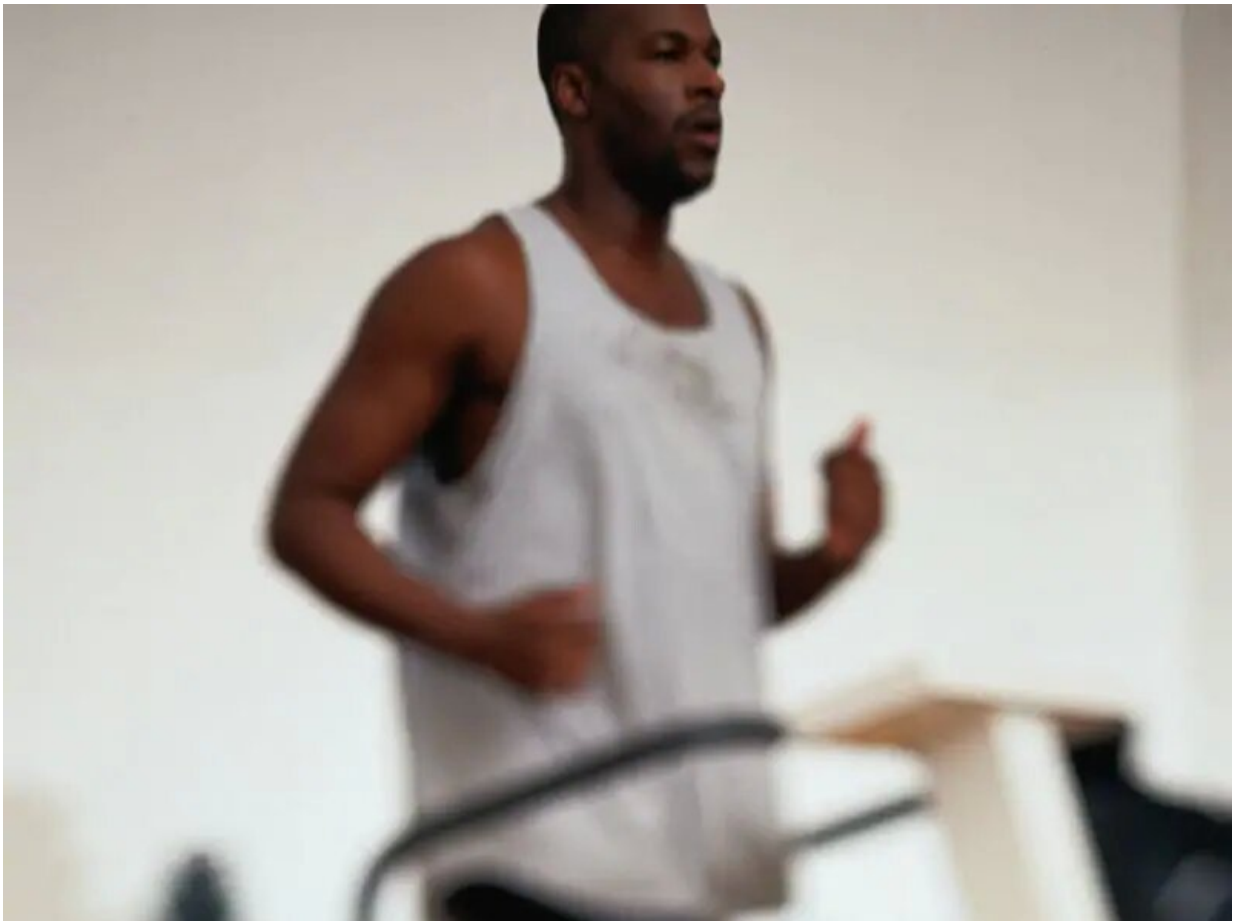


# Behavioral intervention ups physical activity in T2DM

March 6 2019

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(HealthDay)—A behavioral intervention results in a sustained increase in

physical activity and decrease in sedentary time among patients with type 2 diabetes, according to a study published in the March 5 issue of the *Journal of the American Medical Association*.

Stefano Balducci, M.D., from "La Sapienza" University in Rome, and colleagues enrolled 300 physically inactive and sedentary patients with type 2 diabetes to receive a [behavioral intervention](#) or standard of care for three years. One individual theoretical counseling session and eight biweekly theoretical and practical counseling sessions were provided each year to participants in the behavioral [intervention](#) group. In the standard care group, participants received only general physician recommendations.

Participants were followed for a median of 3.0 years. The researchers found that in the behavioral intervention and standard care groups, respectively, participants accumulated 13.8 and 10.5 metabolic equivalent-hours per week of physical activity volume, 18.9 and 12.5 minutes/day of moderate-to-vigorous intensity physical activity, 4.6 and 3.8 hours/day of light-intensity physical activity, and 10.9 and 11.7 hours/day of [sedentary time](#). Throughout the study, the significant between-group differences were maintained; during the third year, the between-group difference in moderate-to-vigorous intensity physical activity decreased.

"This behavioral intervention strategy was successful in increasing physical activity volume by reallocating sedentary time to light-intensity physical activity and, to a lesser extent, moderate- to vigorous-intensity [physical activity](#)," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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