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DEVELOPMENT OF A QUESTIONNAIRE OF COMMITMENT TO NEW PHYSICAL INTERVENTIONS FOR ATHLETES: DELPHI RESEARCH

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Abstract

In the context of exercise, commitment is the correct level of a person's performance of a recommended training regimen (for example, the number of training days per week), including the level at which a person follows the prescribed dosage of exercise (for example, determined by heart rate, perceived load level, or percentage of one repeated maximum). There is no questionnaire to assess exercise adherence for athletes. The consensus of experts will be used to create the questionnaire. to develop a questionnaire to assess adherence to a new training effect for athletes using the Delphi method.

Attachments

10.1177@026921631769.. 624KB

i1062-6050-56-11-123... 277KB

ibae020.pdf 1.2MB

journal.pmed.1004326... 825KB

The Delphi technique... 417KB

Guidelines

The study used the Delphi method to display the current consensus among experts. The CREDES (Conducting and REporting DElphi Studies) checklist was used to ensure compliance with reporting rules and the ACCORD (ACcurate COnsensus Reporting Document) reporting guideline is dedicated to and applicable to all consensus methods used in biomedical research. The Delphi method is recommended as a reliable way to achieve consensus among experts. Delphi was planned to consist of three rounds to allow for iteration, with the ability to include additional rounds as needed.

Before start

Hypothesis: **Valid and reliable assessment of exercise adherence results will allow for informed conclusions about the effects of exercise.**

Round 1. According to ACCORD (items M6 and M7), we conducted a systematic literature search to create the first questionnaire on adherence to new exercise interventions for athletes [5]. Four experts reached a consensus to include 39 questions in the first questionnaire. The expert council discussed the resulting questionnaire after the first round and jointly developed a protocol for the second and third rounds. The first round protocol was registered in the OSF international database: https://doi.org/10.17605/OSF.IO/SA2E9.

Round 2. The protocol for the second and third rounds was compiled before the start of the search and did not change either during or after its completion, according to ACCORD and PRISMA-P (Preferred Reporting Items for Systematic Review and Meta Analysis Protocols (PRISMA-P))

Materials

Experts' choice. Participants were recruited using purposive sampling, which selected a panel of experts based on their knowledge and experience in sport, scientific interest and communication skills. The process of selecting experts began with one of the authors (A.V. Shevtsov) sending an email invitation to experts who met the selection criteria. This email contained information about the research project, as well as informed consent forms and a 39-question questionnaire. Experts were invited to contact the author by email or telephone to discuss the project. Participants were also invited to forward information about the project to interested sports professionals who they believed would meet the selection criteria. Interested experts then confirmed their participation via email. Ethics committee approval was not required for this study. All participants provided written informed consent prior to inclusion in the study. As described in ACCORD, there are no generally accepted standards for the number of experts recruited in Delphi studies, although 20 to 30 is common. Thus, the target panel size (about 20 participants) was determined by the desired representation and ensuring an acceptable response rate (10, assuming a 50% participation rate) in the event of nonparticipation or partial completion of the survey. Panelists who agreed to participate received an information pack containing an introductory letter, a plain language summary, an informed consent statement, links to the published protocol and systematic review, and a 39-question questionnaire.

We invited 30 people to participate in the Delphi process.

Before start

Hypothesis: **Valid and reliable assessment of exercise adherence results will allow for informed conclusions about the effects of exercise.**
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