

Effect of a web-based versus face to face lifestyle intervention of perceived benefits and barriers to exercise in midlife women: A three arm equivalency study.

Dr Amanda McGuire, Dr Charrlotte Seib, Dr Janine Porter-Steele, Professor Debra Anderson



*The
Women's
Wellness
Program©*

Healthy eating

Increase physical activity and
exercise

Chronic disease risk factor
reduction

Knowledge about menopause
and health for women over 40

Optimise health and well-being

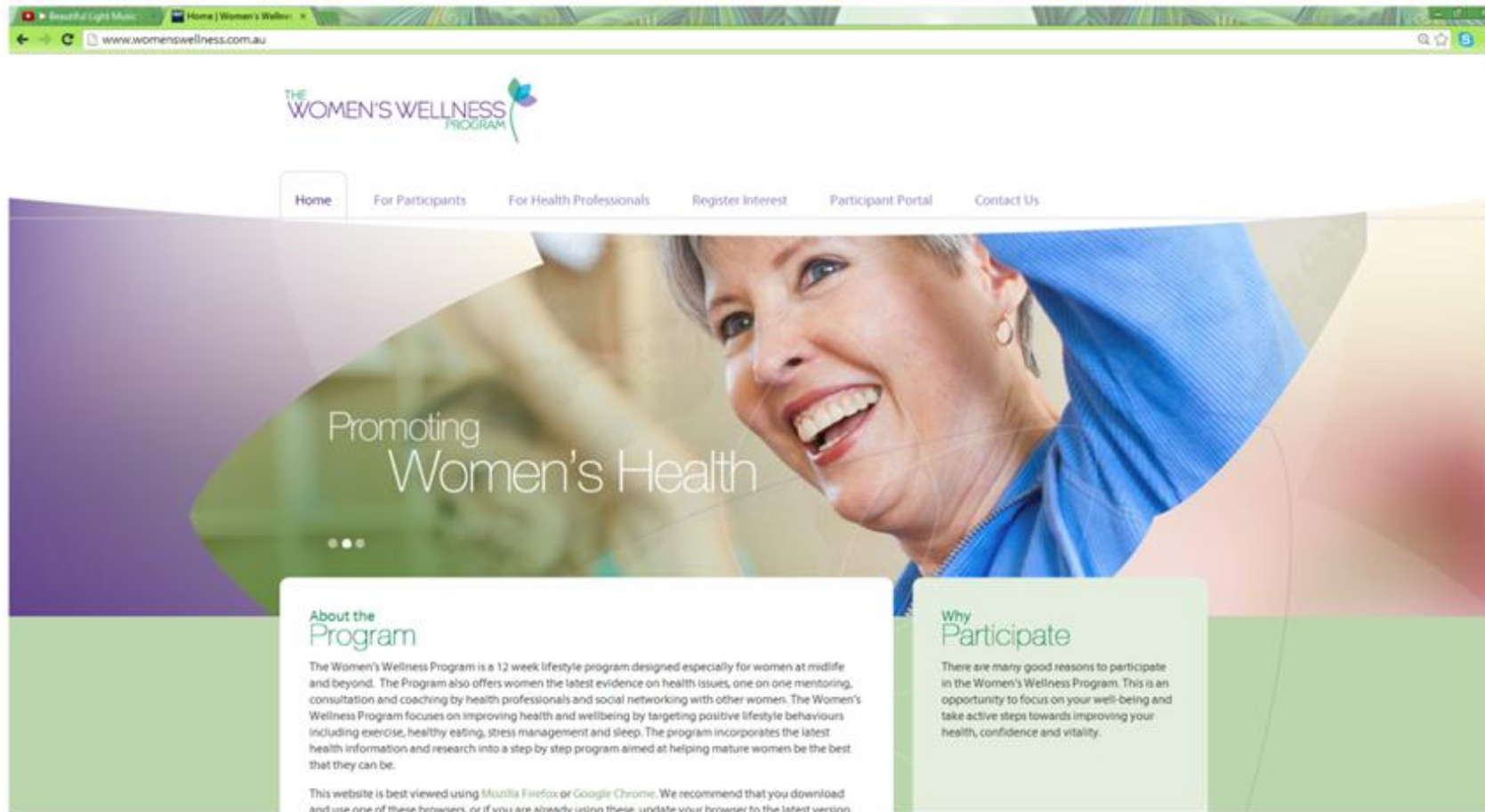
Intervention components

- Program website
- Program book – hard copy and e-book
- Health coaching delivered by Registered Nurses

Helping women be the best they can be

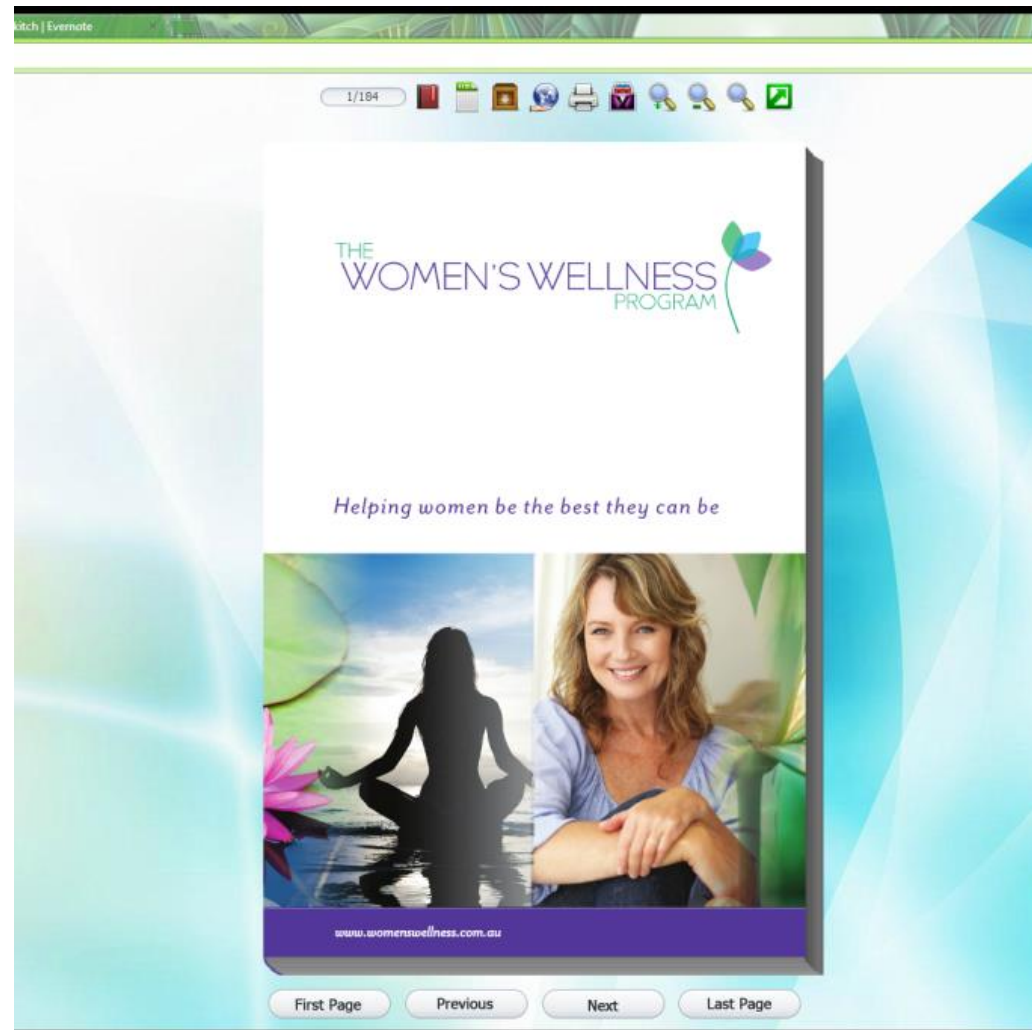


Website home page



www.womenswellness.com.au

Program E-book



Health
coaching
delivered by
Registered
Nurses

Registered nurse trained to
deliver the intervention

Personalised discussion and
support

SMART goal setting

0 weeks, 4 weeks, 8 weeks and
12 weeks

Intervention delivery modes

Group A

Online independent

- Hard copy of program book, access to website, administrative and technical support

Group B

Face to face supported with health professional consultations x 4

- Hard copy of program book, delivery in health clinics x 4

Group C

Online supported with virtual health professional consultations x 4

- Hard copy of program book, access to website, individual consultations through website

MENZIES
HEALTH INSTITUTE
QUEENSLAND



For further
information
contact:

a.mcguire@griffith.edu.au