ABSTRACT

THE EFFECT OF A GROUP-MEDIATED COGNITIVE-BEHAVIORAL INTERVENTION ON DIETARY CHOICES OF A PHASE IV CARDIAC REHABILITATION PROGRAM

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The purpose of this study was to determine whether significant dietary and behavioral differences existed between treatment and control groups of a phase IV cardiac rehabilitation program. Over a 3-month period, each group completed a MEDFICTS (MF) questionnaire, 3-day dietary recall, and MedGem (MG) testing. The treatment group also participated in 12 weekly cognitive-behavioral intervention sessions. The treatment group had significantly higher fat and saturated fat percent of total kilocalories, and cholesterol intake at baseline in comparison to the control group. There were no significant differences between groups for post-study data (p > .05). For the treatment group, significant correlations existed between MF values and weight, and both fat and saturated fat with daily attendance. A significant correlation was also found between MG and predicted REE of both groups combined (p > .05). Therefore, weekly cognitive-behavioral intervention sessions positively influenced nutritional choices and dietary behaviors of cardiac rehabilitation participants.