

Group Exercise to Decrease Anxiety in African-American Women

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ABSTRACT

Purpose/Aims

The purpose of this proposed Doctorate of Nursing Practice (DNP) capstone project is to examine the effects of exercise on African American women with anxiety disorders.

This study proposes to determine if exercise is an alternative treatment to medication and psychotherapy for African American women with high state anxiety disorder. More specifically the study proposes that exercise might be an adjunctive treatment for African American women that are already taking psychotropic medication or using psychotherapy for treatment with little or no change in symptoms.

Research Questions

The objective of this capstone project is to determine the effectiveness of exercise on anxiety disorders in African American women and reduce the gap in the literature.

Hypothesis: The null hypotheses is: Ho: There is no difference in mean pre-and post –anxiety test scores.

Specific Aim 1: The aim of this study is to determine how exercise impacts African American women who experience state anxiety.

The alternative hypothesis is: H1: There is a difference in mean pre- and posttest scores.

RQ1: Will exercise decrease anxiety levels in African American women as an alternative treatment for those who do not use psychotropic medication or psychotherapy.

RQ2: Will exercise decrease anxiety levels for African American women who participate in medication or psychotherapy treatment.

RQ3: Is there a significant difference in anxiety in AA based on demographic factors.

RQ4 :Is there a significant difference in the level of anxiety in AA following participation in group exercise?

Methods: The study site is Fit for Life Personal training, an AA owned fitness center in Pikesville, Maryland. Participants are AA women age 21 and over, with anxiety as determined by a score of 24 or above on the Zung Self-Rating Anxiety Scale. They will participate in a 4-week group exercise program led by a Fitness instructor. Outcomes will be measured pre group exercise, at a 2-week interval, and promptly after the 4-week completion.

Significance: This study proposes to determine if exercise may be an alternative treatment for AA women with anxiety disorder. More specifically the study may propose that exercise may provide effective treatment for AA women with anxiety.

Title:

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Keywords:

anxiety, exercise and women

References:

Alvidrez, J., Snowden, L. R., and Patel, S. G. (2010) The Relationship between stigma and other treatment concerns and subsequent treatment engagement among black mental health clients. *Informa Healthcare* 31, 257-264. Retrieved from <http://informahealthcare.com.proxy.lib.odu.edu/doi/abs/10.3109/01612840903342266> Healthy people 2020 (2015) Mental health across the life stages. Retrieved from <https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Mental-Health/determinants>

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
At the end of this poster presentation conference participants will be able to recognize the influence of a research exercise program on anxiety in African American women.	Anxiety levels in African American women will be studied during a group exercise program
At the end of this poster presentation conference participants will be able to incorporate study results in their clinical practices.	Data analysis and outcomes will be explained for African American women with anxiety that participate in group exercise.