



Universiteit
Leiden
The Netherlands

Towards the effective introduction of physical activity interventions in primary health care

Huijg, J.M.

Citation

Huijg, J. M. (2014, October 8). *Towards the effective introduction of physical activity interventions in primary health care*. Retrieved from <https://hdl.handle.net/1887/29082>

Version: Corrected Publisher's Version

License: [Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

Downloaded from: <https://hdl.handle.net/1887/29082>

Note: To cite this publication please use the final published version (if applicable).

Cover Page



Universiteit Leiden



The handle <http://hdl.handle.net/1887/29082> holds various files of this Leiden University dissertation.

Author: Huijg, Johanna Maria

Title: Towards the effective introduction of physical activity interventions in primary health care

Issue Date: 2014-10-08

Stellingen behorende bij het proefschrift

Towards the effective introduction of physical activity interventions in primary health care

Johanna M. Huijg

1. The effectiveness of physical activity interventions depends on the degree to which health care professionals deliver the intervention as intended (following the protocol)
2. Guidelines for health behavior change interventions should allow for tailoring to the patients' and health care professionals' needs
3. An introduction plan should be part of the development of a physical activity intervention, rather than the consequence of it
4. The introduction of physical activity interventions in health care settings should follow a stage-approach (i.e., adoption, implementation, continuation)
5. A tailored approach is essential for the development of effective introduction strategies
6. Any research on the introduction of health behavior change interventions in health care practice needs qualitative and quantitative research
7. Individual behavior change theories should guide the development of strategies to influence health care professionals' behaviors
8. Health behavior change interventions that are not evaluated should not be introduced in health care practice
9. Advice on lifestyle changes in primary health care focuses too much on disease prevention and not enough on health promotion
10. Real happiness is more related to the process than to the product
11. The best way to increase your own physical activity is to promote it to others
12. Writing a thesis helps to reduce doubts about yourself and increases doubts about others
13. Never give up