

TECHNICAL REPORT

UNDERSTANDING DETERMINANCE FOR BEHAVIOURAL CHANGE OF IFitEr PROGRAM IN WELLNESS HUB

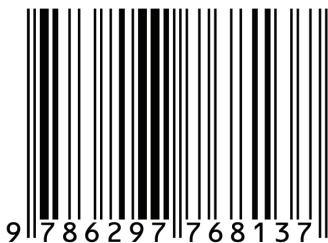
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**UNDERSTANDING DETERMINANCE FOR BEHAVIOURAL CHANGE OF IFitEr
PROGRAM IN WELLNESS HUB (NMRR- ID-24-01651-3WH (IIR))**

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Dedication

This study is devoted by the research team to the accomplishment of our objective(s). We anticipate that the findings of this study will assist in contribute to the sustainability of the IFitEr program in Wellness Hub and the experience of participant in IFitEr intervention.

MESSAGE FROM THE DIRECTOR

"We were proud to present this study, which aimed to explore the key determinants influencing behavioural change within the IFitEr program. This research represented a critical step toward understanding how contextual, individual, and program-specific factors interacted to drive positive health outcomes. Through comprehensive data collection and analysis, the study sought to generate valuable insights that would enhance the effectiveness of the IFitEr program and contribute meaningfully to the broader field of health behaviour change interventions. Sincere appreciation was extended to all respondents, researchers, and collaborators whose dedication and support were instrumental to the successful completion of this study."

Thank you.



Dr. Manimaran Krishnan
Director of Institute for Health



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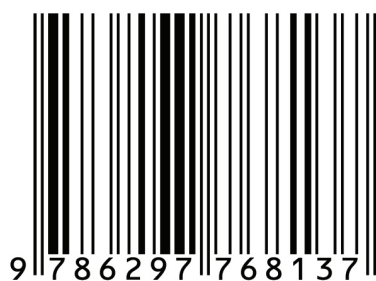
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EXECUTIVE SUMMARY

This study aimed to identify the key determinants that contributed to behavioural change within the IFitEr program, implemented in the Wellness Hub. The research focused on understanding how contextual factors (such as organizational support and external influences), individual factors (including coaches' competencies and respondents' motivation), and program-specific factors (such as the clarity of modules and accessibility) influenced the effectiveness of the program. Utilizing a cross-sectional study design, data were collected through structured interviews and questionnaires involving coaches, implementers, and respondents. The study was conducted over a period of five months, with the intention of generating insights to enhance implementation strategies and improve health outcomes related to behaviour change.

The findings from this study provided valuable information on how various determinants interacted to influence behaviour modification within health programs like IFitEr. The results underscored the importance of comprehensive training, appropriate resource allocation, and continuous feedback mechanisms to support the program's feasibility, fidelity, and acceptability. These insights supported the development of more effective intervention strategies, not only for IFitEr but also for similar health promotion initiatives. Ultimately, this research contributed to advancing knowledge in public health interventions and offered practical recommendations for policymakers, healthcare professionals, and program developers to optimize strategies aimed at facilitating sustained behaviour change.

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