

שם: שרון לוי

שם העבודה:

Motivations for Active Travel Choices: The influence of policy, environment, and psychosocial factors on walking, bicycling and e-bicycling among adolescents

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Abstract

Physical activity (PA) is a key component for disease prevention and health promotion among adolescents. Recommendations worldwide are aimed at least 60 minutes of moderate to vigorous physical activity (MVPA) daily for children and youth. Unfortunately, in Israel as well as countries worldwide most adolescents do not participate regularly in MVPA. The outbreak of COVID-19 has resulted in further reductions in PA and increases in sedentary activities as a result of lockdown, restrictions on movement and requirements for social distancing. One method to increase overall PA is active travel (AT); research has shown that AT is related to higher rates of physical activity among children and adolescents. Efforts to improve conditions and rates of AT have become an important policy priority in many countries due to the potential to improve health outcomes and wellbeing at an individual level, as well as providing societal and environmental benefits in a community as a whole.

The objective of the proposed study is to better understand the motivations for use of active travel modes, including walking, bicycling and e-bicycling, by adolescents in Israel in context with proximate policy, environment, safety, and social norms. The conceptual model that will be used to study motivations for AT include the Theory of Planned Behavior (TPB) to explore adolescent behaviors at the individual level and the Social Ecological Model (SEM) to better understand adolescent behaviors in relation to their community and environment.

The study **Motivations for Active Travel Choices: The influence of policy, environment, and psychosocial factors on walking, bicycling and e-bicycling among adolescents** will include both qualitative and quantitative methods in three phases. The first phase was a preliminary research phase, that included qualitative interviews with adolescent-parent dyads, designed to refine the research objectives and the study design for next phases of the study. The second phase will consist of secondary analysis of cross-sectional survey data from the Health Behaviour in School Age Children (HBSC) study in Israel which included an extended module focused on PA, including questions on AT to and from school and use of bicycles and e-bikes. The third and final phase is independent data collection via a cross-sectional study with adolescents in Israel. The Motivations in Active Travel for Teens (MATT) survey will focus on TPB constructs related to motivations for AT, self-reported AT, PA, and Sedentary behaviors, exposure and promotion of PA and AT in social networks, and perceptions of the local environment. This phase of the study will also include a review of additional

measures of environment and policy at the community level in line with the SEM model.

This study seeks to contribute to the field of research on active travel and health behaviors by identifying motivators for use of active travel modes, prevalence of active travel, differences across populations, and the association with physical activity and the environment. Study of factors affecting behavior at both the micro-level using the theory of planned behavior (TPB) and the macro-level based on the socio-ecological model (SEM) will enable a more comprehensive understanding of motivations for active travel choices among adolescents. The study is unique in that e-bikes will be added to the more traditional active travel modes of walking and bicycling. In addition, the study will consider leisure trips in addition to school routes. Finally, the study will examine associations of active travel modes, physical activity, environment, and social factors by subgroups including age, gender and community urbanicity.