

# **Testing the Relationship Between Health Values** Directed Behavior and Health Related Behavior



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## **Highlights**

- Dietary quality & alcohol consumption are not related to values directed behaviour.
- Greater physical activity is associated with greater commitment to valued action.
- Sleep quality is related to greater valued action & health values directedness.

## **Background**

- Having a sense of meaning in life is linked to increased engagement in health-promoting behaviors & decreased engagement in healthrisk behaviors 1.
- Values-based interventions can increase physical activity, dietary quality, sleep quality & reduce alcohol consumption $^{2-5}$ .
- However, a paucity of research has examined relationship between health directedness and health behaviors.

The present study examined the relationship between health values directedness and physical activity, dietary quality, sleep quality & alcohol consumption.

### Method

• Participants: 111 adults (female: 69, male: 40, non-binary: 1, other: 1) aged 18-49 (M =21.41, SD = 3.721).

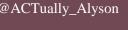
Participants completed a health values card sort task, O'Connor et al.'s<sup>6</sup> Values Wheel measure of health values directedness and self-report health International behavior measures; Physical Activity Questionnaire<sup>7</sup>, Dietary Quality Tool<sup>8</sup>, Pittsburgh Sleep Quality Index<sup>9</sup>, Quick Drinking Screen<sup>10</sup>, Valued Living Questionnaire<sup>11</sup> Comp. Assessment of ACT processes<sup>12</sup>.

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#### References:



## Results



Figure 1. Relative frequency with which participants endorsed specific health values

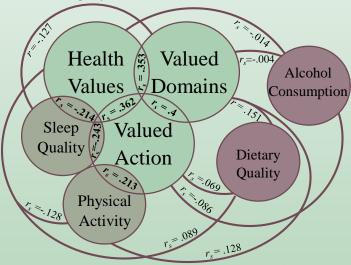


Figure 2. Diagrammatic representation of correlations

Data were analyzed using one-tailed Pearson's & Spearman's correlations (See Figure 2).

## **Discussion**

- Physical activity, dietary quality & alcohol consumption were not functionally congruent with participants' health values.
- Interventions seeking to improve physical activity and sleep quality may benefit from a focus on clients' values, with health values of particular importance to the latter.
- Future research could examine the relationship between health behaviors & values within a different domain Friendship) which may instill a stronger sense of meaning in life.