

## Imagery and Self-Efficacy

Some older adults may be apprehensive about using treadmills and other exercise machines, but everyday obstacles in the built environment (e.g. clearing the edge of the tub, uneven sidewalk) may also cause anxiety due to fear of falling (FOF) (Kim, Newton, Sachs, Glutting, & Glanz, 2012).

Kim et al. (2012) studied the effects of guided relaxation (GR) and guided relaxation with imagery (GRI) on falls self-efficacy (person's belief in their ability to participate in activities without falling or losing balance). The Falls Efficacy Scale (FES) and Activities Balance Confidence (ABC) scale were used to measure the results (Kim et al., 2012). The GRI group had access to a cd with 11 imagery scenarios (progressing from easy to more challenging) narrated by a professional with experience in guided imagery (Kim et al., 2012). While both groups showed improvement over their initial FES scores, the GRI group showed greater improvement and self-efficacious behaviors plus greater self-reported leisure exercise (Kim et al., 2012).

Imagery work with older adults may have some benefits, especially if the imagery session could be personalized and specific to the needs of the individual (as opposed to a general situation "cover-all" type audio session). Imagery and visualization show some potential.

## References

Kim, B. H., Newton, R. A., Sachs, M. L., Glutting, J. J., & Glanz, K. (2012). [Effect of guided relaxation and imagery on falls self-efficacy: A randomized controlled trial.](#) *Journal Of The American Geriatrics Society*, *60*(6), 1109-1114.