

University of Groningen

Physical activity in hard-to-reach physically disabled people

Krops, Leonie

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version

Publisher's PDF, also known as Version of record

Publication date:

2018

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Krops, L. (2018). *Physical activity in hard-to-reach physically disabled people: Development, implementation and effectiveness of a community-based intervention*. Rijksuniversiteit Groningen.

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

Physical activity in hard-to-reach physically disabled people

Development, implementation and effectiveness of a community-based intervention

Leonie Krops

Research in this thesis was financially supported by:

University Medical Center Groningen, Department of Rehabilitation Medicine

Stichting Beatrixoord Noord-Nederland (grant no. 210.159)

ZonMw (grant no. 50004680)

Province of Groningen, The Netherlands (grant no. 675228)

Municipalities of Oldambt, Bellingwedde and Vlagtwedde, The Netherlands

Huis voor de Sport Groningen

Publication of this thesis was supported by a non commercial grant from:

Center for Rehabilitation, University Medical Center Groningen

Graduate School for Health Research, Research institute SHARE

University Medical Center Groningen

University of Groningen

Stichting Beatrixoord Noord-Nederland

OIM Orthopedie (Assen, The Netherlands)



**Stichting
Beatrixoord
Noord-
Nederland**



umcg



**university of
 groningen**



Cover design:

Ellen van den Manacker (www.ellenvandenmanacker.nl)

Printed by:

Gildeprint, Enschede

ISBN: 978-94-034-0904-7 (printed version)

ISBN: 978-94-034-0903-0 (electronic version)

© Leonie A. Krops, 2018

All rights reserved. No parts of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any information storage or retrieval system, without permission of the author.



rijksuniversiteit
 groningen

Physical activity in hard-to-reach physically disabled people

Development, implementation and effectiveness of a
 community-based intervention

Proefschrift

ter verkrijging van de graad van doctor aan de
 Rijksuniversiteit Groningen
 op gezag van de
 rector magnificus prof. dr. E. Sterken
 en volgens besluit van het College voor Promoties.

De openbare verdediging zal plaatsvinden op

woensdag 3 oktober 2018 om 16.15 uur

door

Leonie Adriana Krops

geboren op 9 mei 1991
 te Noordoostpolder

Promotores

Prof. dr. J.H.B. Geertzen

Prof. dr. P.U. Dijkstra

Copromotor

Dr. R. Dekker

Beoordelingscommissie

Prof. dr. V. de Groot

Prof. dr. R. Sanderman

Prof. dr. L.H.V. van der Woude

Paranimfen

Eliaan Krops

Dorien Overgoor

Table of contents

Chapter 1	General introduction	9
Chapter 2	Reliability of the Dutch translation of the RAND 36-item health survey in a post-rehabilitation population. <i>International Journal of Rehabilitation Research, 2018; 41(2):128-137</i>	19
Chapter 3	Health Related Quality of Life in a Dutch rehabilitation population: reference values and the effect of physical activity. <i>PLoS One, 2017; 6;12(1):e0169169</i>	39
Chapter 4	Requirements on a community-based intervention for stimulating physical activity in physically disabled people: a focus group study amongst experts. <i>Disability and Rehabilitation, 2017; Epub ahead of print</i>	61
Chapter 5	Target population's requirements on a community-based intervention for stimulating physical activity in hard-to-reach physically disabled people: an interview study. <i>Disability and Rehabilitation, 2018; Epub ahead of print</i>	87
Chapter 6	Development of an intervention to stimulate physical activity in hard-to-reach physically disabled people and design of a pilot-implementation: an Intervention Mapping approach. <i>BMJ Open, 2018; 8(3):e020934</i>	107
Chapter 7	Short-term effects of Activity Coach+, a physical activity intervention in hard-to-reach physically disabled people: A feasibility study. <i>Submitted</i>	129
Chapter 8	General discussion	151
	References	163
	Summary	182
	Samenvatting	187
	Dankwoord	193
	About the author	195
	Research institute for health research SHARE	196

