

## Introduction

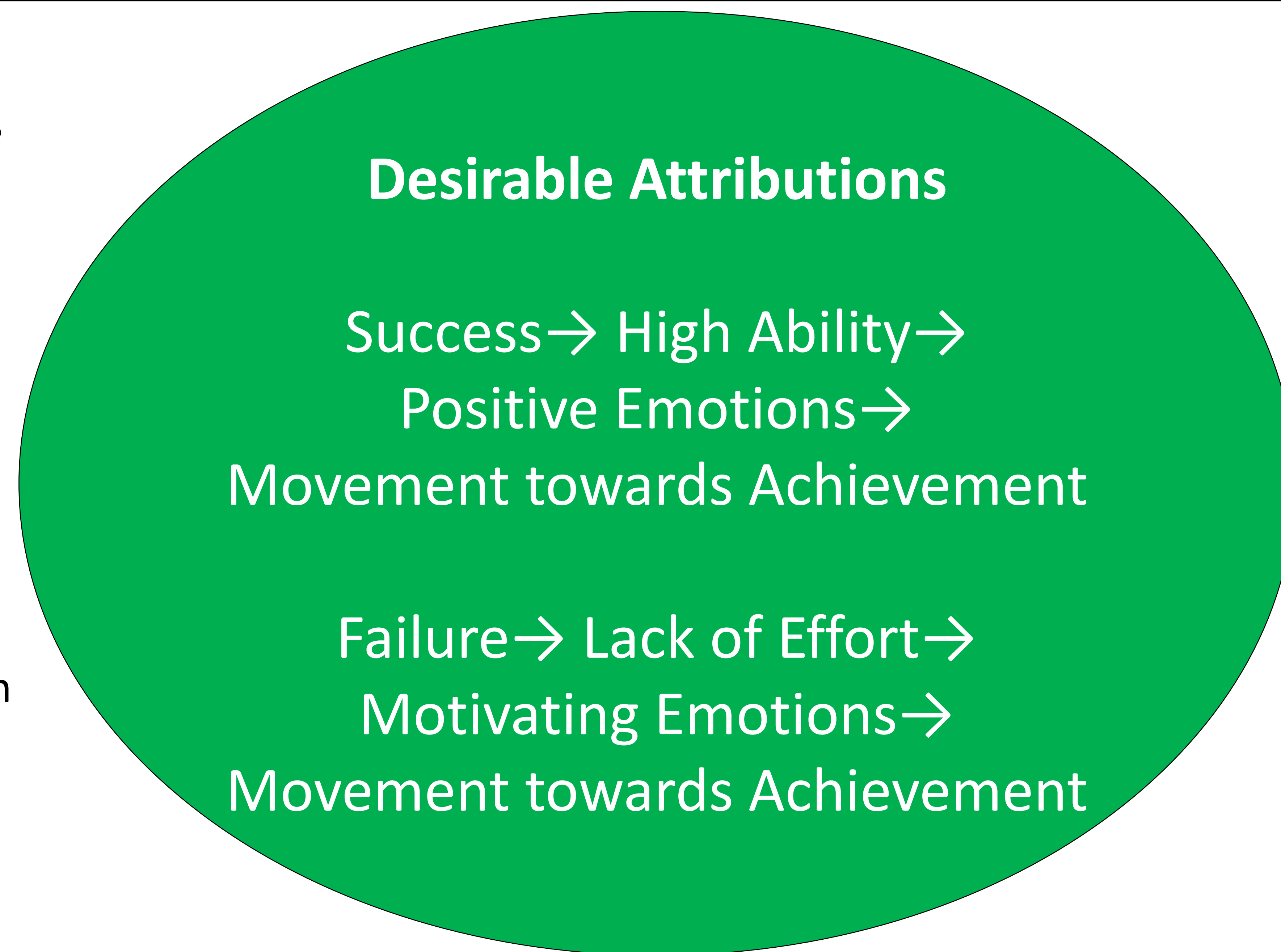
- Cardiovascular Disease (CVD) is the number one killer of Americans every year
- **In Law Enforcement Officers (LEOs) traditional risk factors for CVD are more prevalent.**
  - **LEOs could potentially decrease their risk factors if they were to modify their risk factor profiles.**
- Adherence to CVD risk modification strategies are not very good
- In a study on patients whom had already suffered from an acute coronary syndrome 30% of the patients continued smoking and <30% reported adhering to both exercise and nutrition (Chow et al., 2010) .

## Attribution Theory

- Concept that explains how individuals “link” events to successes or failures
  - “Links” further identified as attributions of causality, controllability and stability
    - **For example, effort, which is initiated by a person, would be considered internal, controllable, and unstable (Stewart et al., 2011).**

## References

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## Attributional Retraining (AR)

- People sometimes make misattributions for successes or failures
- **Attributional Retraining (AR) teaches individuals to see lack of effort as the reason for failure**
  - Retraining is meant to make attributions controllable and causally internal
  - AR has been shown to modify causal attribution and increase motivation.
- **Internal causality and self-efficacy have been linked in research**
- Results increases in goal revision
- Staying at a given task longer, putting more effort into actions, and having improved performance success.

## ARs Literature: Proof in Affecting CVD

- **Internal control could contribute to weight loss and effort was a predictor of short-term weight reduction**
- **High self-efficacy:**
  - **Moderate-large improvements in general distress, severity, and frequency of PTSD symptoms**
    - **Some findings were contradictory**
  - **Higher adherence to exercise; physical activity levels in healthy adults; predictive of adoption and maintenance of exercise behaviors**
  - **Found to be predictive of future quit status of smokers**
- **Decreases in self-efficacy were linked to following lapses in smoking cessation; internal attributions hindered lapsing.**

## Conclusions

- **AR has been shown to be helpful in affecting CVD risk factors**
  - **AR could possibly be helpful in changing risk factor profiles of the LEO population who suffer from one or more of the CVD risk factors.**