**Implementing a Group Motivational Intervention to Enhance Physical Activity Motivation in Adults Undergoing Treatment for Alcohol and Other Drugs**

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**Introduction:** Preliminary research suggests that physical activity (PA) may offer health benefits for individuals undergoing Alcohol and other Drugs (AOD) treatment [1,2]. However, challenges such as high relapse rates [3], low adherence rates [4], and the presence of considerable comorbidity [5–7] hinder the integration and sustenance of PA interventions within AOD settings [8]. Above that, motivation for PA emerges as a crucial factor potentially limiting the efficacy of existing PA interventions [9,10]. The present study addresses this issue of PA motivation in an AOD context by implementing a group motivational intervention that was specifically co-designed to foster PA motivation and PA maintenance.

**Methods:** We conducted an N-of-1 study to examine the effects of a motivational intervention in a cohort of *n* = 17 residents of an AOD treatment facility in Western Australia. The study encompassed a 6-week baseline period followed by a 10-week intervention phase. During the intervention phase, participants received a motivational intervention comprising weekly group counselling sessions. Ecological momentary assessment was utilised to collect daily data on PA motivation, affect, and substance use cravings. Meanwhile, Fitbits were used to track daily step counts and active minutes. After the intervention phase, semi-structed interviews were conducted to assess its feasibility and acceptability.

**Results:** Preliminary results show that participants maintained 11,934 steps per day on average, with 11,591 steps per day in the baseline phase and 12,176 steps during the intervention phase. Overall attendance for the motivational group sessions was 84% across the 10 weeks of the intervention phase.

**Discussions and Conclusions:** The findings of this study may guide the adaptation of larger randomised studies across facilities and treatment contexts to examine the efficacy of this motivational intervention. The broader implementation of the motivational intervention could facilitate the extrapolation of preliminary positive effects of PA interventions in individuals with AOD issues.

**Implications for Practice or Policy:** If broader implementation and uptake occurs, PA interventions may help reducing risks of chronic diseases like cardiovascular disease or type

2 diabetes among people with AOD issues [7]. This could result in enhanced quality of life and reduced healthcare expenditures.

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