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Effects of a brief action and coping planning intervention on completion of preventive exercises prescribed by a physiotherapist among people with knee pain

Running head: Knee pain and planning

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Abstract

Objectives: The present study aimed to test the efficacy of action and coping planning in promoting engagement with preventive exercises among a sample of people with knee pain.

Design: Experimental trial.

Methods: Individuals who presented to a physiotherapist with knee pain (N = 373, 57% female; *M* age = 31.54, *SD* = 10.06, age range = 18 to 69 years) completed two assessments separated by 14 days. At baseline, participants completed measures of severity of problems associated with the knee (e.g., pain, symptoms) and past behavior. Subsequently, participants were

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