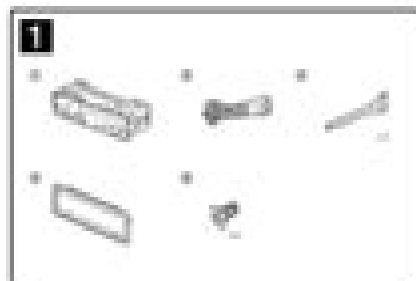
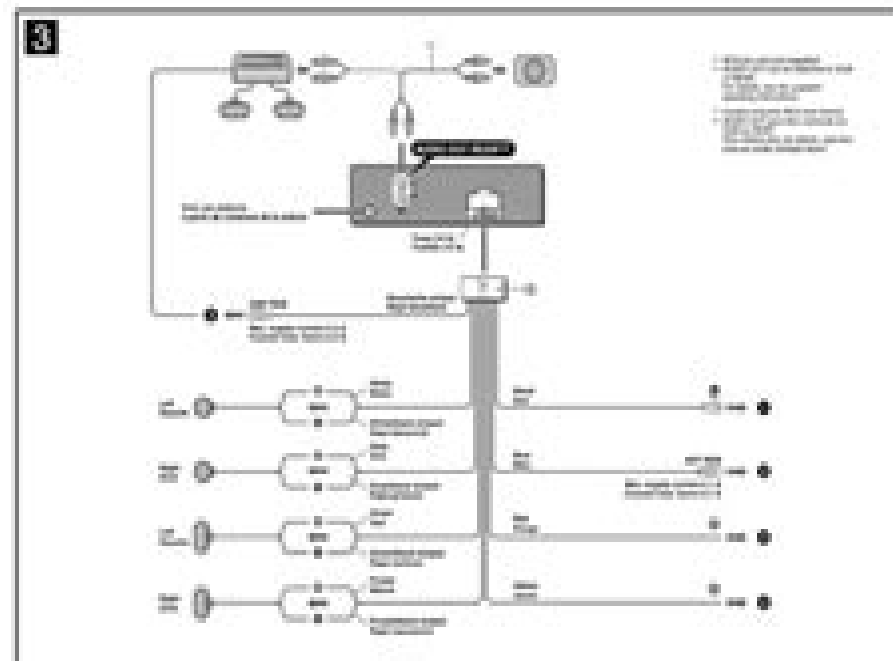
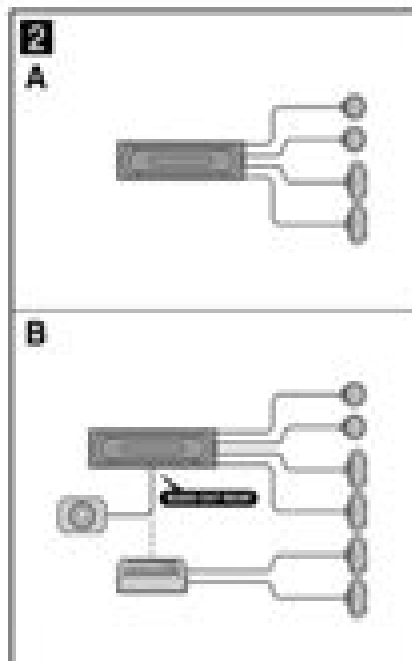


1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.
 2. *Journal of the American Medical Association*, 1997; 277: 1044-1048.

Table 1

[illegible][illegible][illegible]

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological characteristics of young women. The study was conducted in a laboratory setting. The subjects were 12 young women, aged 18-25, who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program consisting of aerobic and strength training. The physical characteristics measured were maximum oxygen consumption ($\dot{V}O_{2\max}$), maximum heart rate ($\text{HR}_{\max}$), and maximum power output ($\text{P}_{\max}$). The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had significantly higher values for $\dot{V}O_{2\max}$, $\text{HR}_{\max}$, and $\text{P}_{\max}$ compared to the control group. Additionally, the experimental group had significantly lower levels of anxiety and depression, and higher levels of self-esteem compared to the control group. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young women.

[illegible]

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10. **It is a common mistake to think that** _____
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11. **It is a common mistake to think that** _____
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12. **It is a common mistake to think that** _____
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14. **It is a common mistake to think that** _____
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15. **It is a common mistake to think that** _____
_____ is the same as _____.

What is the purpose of the study?
The purpose of the study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of older adults with chronic low back pain.

What is the design of the study?
The study was a randomized controlled trial.

What is the setting of the study?
The study was conducted in a community-based setting, specifically in a senior center.

What is the population of the study?
The population consisted of 60 older adults (aged 65 and older) with chronic low back pain.

What is the intervention of the study?
The intervention was a 12-week, low-intensity, supervised walking program.

What is the comparison of the study?
The comparison was a control group that did not receive the walking program.

What is the outcome of the study?
The outcome was the effect of the walking program on physical and psychological health, measured by pain, disability, and quality of life.

What is the conclusion of the study?
The conclusion was that the 12-week, low-intensity, supervised walking program had a positive effect on the physical and psychological health of older adults with chronic low back pain.

What are the limitations of the study?
The limitations of the study were the small sample size and the lack of a long-term follow-up.

What are the implications of the study?
The implications of the study were that the walking program could be a useful intervention for older adults with chronic low back pain.

What are the keywords of the study?
The keywords of the study were older adults, chronic low back pain, walking program, physical health, and psychological health.

Table 1

1. **Identify the problem.** The first step is to identify the problem. This involves understanding the symptoms and the context in which they are occurring.

2. **Generate hypotheses.** Once the problem is identified, the next step is to generate hypotheses. This involves brainstorming potential causes and solutions.

3. **Test the hypotheses.** The third step is to test the hypotheses. This involves gathering data and conducting experiments to see which hypothesis is most likely to be correct.

4. **Implement the solution.** Once the correct hypothesis has been identified, the next step is to implement the solution. This involves putting the solution into practice and monitoring its effectiveness.

5. **Evaluate the results.** The final step is to evaluate the results. This involves assessing the impact of the solution and determining whether it has successfully resolved the problem.

[illegible][illegible]

Keywords: social support; coping strategies; depression; anxiety

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

1. **What is the purpose of the study?**
The purpose of the study is to determine the effect of the intervention on the outcome.
2. **What is the research design?**
The research design is a randomized controlled trial.
3. **What is the sample size?**
The sample size is 1000 participants.
4. **What is the intervention?**
The intervention is the treatment being tested.
5. **What is the control?**
The control is the standard treatment or placebo.
6. **What is the outcome?**
The outcome is the result being measured.
7. **What is the significance level?**
The significance level is 0.05.
8. **What is the power of the study?**
The power of the study is 0.80.
9. **What is the confidence interval?**
The confidence interval is 95%.
10. **What is the conclusion?**
The conclusion is that the intervention has a significant effect on the outcome.

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Jianjun Gao



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