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Mini Review

Article Critique -

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ARTICLE CRITIQUE

The barriers, benefits, and facilitators of leisure-time physical activity among people with spinal cord injury.

CRITICAL ANALYSIS OF THE ARTICLE

The purpose of this paper is to critically analyze the article named the barriers, benefits, and facilitators of leisure-time physical activity among people with spinal cord injury.

A step-by-step careful examination will be used to identify the strength and weaknesses of this study by relating to standard research reports. The importance of understanding, critically analyzing, and applying research becomes vital when so much rests on professional ability and accountability. Given the amount and complexity of available information and the limitation of time, there is the need to use a process that provides a concise way to analyze the results of research findings.

The article was published in *Health Psychology Review*, 8 (4). pp. 404-425. ISSN 1743-7202 DOI: <https://doi.org/10.1080/17437199.2014.898406> and written by [1].

REVIEW AND EVALUATION (CRITIQUE)

The paper was a well-written article on a current topic that could be considered interesting by researchers and scholars who are focusing their studies on the barriers, benefits, and facilitators of leisure-time physical activity among people with spinal cord injury. From the Abstract to the Conclusion, every detail of the paper was well written. The detailed descriptions and discussions of the major parts of the paper (Introduction, Methodology, Findings and Discussion, and Conclusion), as well as the subheadings (Framework of the Study, Participants, Instruments, Data Collection, and so forth), enhanced the clarity of the research article's presentation.

The article's weaknesses are that it does not discuss explore the long-term impact of LTPA on and of well-being over time to further inform exercise promotions for people with SCI.

The topic and format are appropriate for the journal. The summary of the article in the abstract is concise and clear and much more importantly it is accurate. The subdivision of the material is logically organized under appropriate heading and paragraphs. Moreover, the researchers were able to present the study they did clearly and logically.

The title of this study is attractive and clearly introduces the key variables and also the phenomena of interest. The title should not be long and complicated and should reflect as much as possible what the research is about. The title does not validate or invalidate the research.

The abstract of this study is clear and concise giving a summary of the main features of the reports including background, result, and conclusion, moreover, further research is recommended clearly in the abstract part. An abstract or summary should clearly outline the problem, the research question/s, aims, and objective of the study.

The finding in this article is presented according to the analytical typologies. The process of obtaining results is clear and appropriate to the approach.

The discussion part of this article consists of findings along with the limitation of the study. An important point to remember is that the research does not necessarily prove a point and may only suggest a relationship or highlight an issue needing further investigation.

The reference part of this article is very informative and is linked with an old source to new sources. It has included sources of books, reports, and other journal articles which have been used to support the concept outlined. For those interested in pursuing additional reading on the topic, the reference list of a current study provides an excellent starting place.

The objective of this article critique is to conduct a critical and scrutinized appraisal of the strengths and weaknesses of the selected article entitled "the barriers, benefits, and facilitators of leisure-time physical activity among people with spinal cord injury" the notion of the article critique is to effectively identify the strengths and limitation of the article.

Overall, this is an interesting and informative article. The author presented valuable findings from the research activity, and also presented every detail of the findings in clear and easy-to-understand words and terminologies that are easy to understand by the reader.

REFERENCE

1. Williams TL, Smith B, Papatomas A. The barriers, benefits and facilitators of leisure time physical activity among people with spinal cord injury: a meta-synthesis of qualitative findings. *Health Psychol Rev.* 2014;8(4):404-25. doi: 10.1080/17437199.2014.898406. Epub 2014 Mar 26. PMID: 25211208.