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Correlates of physical activity stages of change in people living with HIV in a Ugandan community

Davy Vancampfort Peter Kayiira Byansi, Hilda Namutebi, Nalukenge Lillian, Eugene Kinyanda, Richard Serunkuma Bbosa,

Philip B. Ward Hafsa Lukwata & James Mugisha ...show less

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Abstract

Purpose: The transtheoretical model (TTM) of behavioral change posits that individuals move through five stages of change when adopting new behaviors: pre-contemplation, contemplation, preparation, action, and maintenance. The aim of this study was to determine the proportion of patients with HIV/AIDS within a Ugandan fishing community in the different physical activity (PA) stages. We also explored differences in variables, motives, and barriers for PA across the stages.

Methods: In total, 256 individuals (77 men, 40.5 ± 10.3 years) completed the Patient-centered Assessment and Counseling for Exercise Questionnaire, the Patient Health Questionnaire-9 (PHQ-9) to assess depressive symptoms, and the Alcohol Use Disorders Identification Test. They were also asked about their most important PA motive and barrier.

Results: Seventy-five individuals (29%) were in the (pre-)preparatory stages, 140 (55%) in the action and 41 (16%) in the maintenance stage. Those in the (pre-)preparatory stages had higher PHQ-9 total scores ($p < 0.001$) and were more likely to report barriers than those in the later stages ($p < 0.001$). Compared with those in the (pre-)preparatory stage, patients in the action stage experienced less body weakness ($p = 0.015$).

Conclusions: Depression and barriers to PA should be considered in people with HIV/AIDS in low-resource settings when implementing interventions to assist them to become more active.

• Implications for rehabilitation

- People with HIV/AIDS are among the most physically inactive clinical populations.
- Clinicians should consider depression when motivating patients with HIV in low resourced settings to become active.
- Clinicians should consider body weakness when motivating patients with HIV in low resourced settings to become active.

Q Keywords: [physical activity](#) [stages of change](#) [body weakness](#) [depression](#) [exercise](#)

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Disclosure statement

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Additional information

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