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The efficacy of physical activity counseling in Ugandan patients with HIV and a co-morbid mental disorder: a pilot study

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ABSTRACT

This study explored the efficacy of physical activity (PA) counseling in inactive patients with HIV/AIDS and a co-morbid mental health disorder living in a Ugandan fishing community. We investigated associations between changes in PA, sedentary behavior, mental health burden and quality of life (QoL) following an 8-week once per week PA counseling program using the self-determination theory and motivational interviewing framework. In total 41 (33 women) patients (39.8 ± 10.9years) completed the Simple Physical Activity Questionnaire, Patient Health Questionnaire, Alcohol Use Disorder Identification Test and World Health Organization Quality of Life Questionnaire. We found large effect sizes for increases in time spent walking (Cohen's $d = 1.47$). We also found large effect sizes for increases in time spent walking (Cohen's $d = 1.38$), in incidental PA such as household chores (Cohen's $d = 1.69$), and physical health (Cohen's $d = 1.38$), psychological health (Cohen's $d = 0.95$), and social relationships. (Cohen's $d = 1.39$). The more time spent sedentary decreased, the more the psychological health increased ($r = -0.33$, $P = 0.037$). In sedentary patients with HIV/AIDS and a co-morbid mental disorder, the mental health burden reduces and QoL improves following PA counseling. Controlled studies are however needed to confirm our findings.

Q KEYWORDS: [Physical activity](#) [sedentary behavior](#) [depression](#) [alcohol](#) [quality of life](#)[Sample Our Health and Social Care Journals](#)[Your research. Your choice.](#)
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Disclosure statement

No potential conflict of interest was reported by the authors.

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