

[Submit an article](#)[Journal homepage](#)

Enter keywords, authors, DOI, ORCID etc

This Journal

Advanced search

873

Views

33

CrossRef
citations to date

4

Altmetric



Reviews

Physical activity correlates in people living with HIV/AIDS: a systematic review of 45 studies

Davy Vancampfort , James Mugisha, Justin Richards, Marc De Hert, Michel Probst & Brendon Stubbs

Pages 1618-1629 | Received 15 Aug 2016, Accepted 10 Mar 2017, Published online: 22 Mar 2017

[Download citation](#) <https://doi.org/10.1080/09638288.2017.1306587>

Full access



Abstract

Purpose: Understanding barriers and facilitators of physical activity participation in persons living with HIV/AIDS is an essential first step in order to devise effective interventions. The present review provides a systematic quantitative review of the physical activity correlates in people with HIV/AIDS.

Methods: Major electronic databases were searched till August 2016. Keywords included “physical activity” or “exercise” or “sports” and “AIDS” or “HIV”.

Related research

People also
readRecommended
articlesCited by
33

Global physical activity levels among people living with HIV: a systematic review and meta-analysis >

Davy Vancampfort et al.
Disability and Rehabilitation
Published online: 8 Dec 2016

[Home](#) > [All Journals](#) > [Disability and Rehabilitation](#) > [List of Issues](#) > [Volume 40, Issue 14](#) > [Physical activity correlates in people living with HIV/AIDS: a systematic review of 45 studies](#)[Full Article](#)[Figures & data](#)[References](#)[Citations](#)[Metrics](#)[Reprints & Permissions](#)[PDF](#)

In this article

[Abstract](#)[Introduction](#)[Methods](#)[Results](#)[Discussion](#)[Disclosure
statement](#)[Additional
information](#)[References](#)

of physical activity were consistently associated with older age (6/10 studies), a lower educational level (6/7), a lower number of CD4 cells/ μ l (7/11), exposure to antiviral therapy (4/6), and the presence of lipodystrophy (4/4). Other important barriers were the presence of bodily pain (2/2), depression (3/3), and opportunistic infections (3/4). Facilitators were a higher cardiorespiratory fitness level (3/3), a higher self-efficacy (2/2), more perceived benefits (2/2), and a better health motivation (3/3).

Conclusions: The current review has elucidated that participation in physical activity by people with HIV/AIDS is associated with a range of complex factors which should be considered in rehabilitation programs.

• Implications for Rehabilitation

- Health care professionals should consider HIV-related bodily pain and feelings of depression when assisting people living with HIV in initiating and maintaining an active lifestyle.
- Interventions to improve self-efficacy and motivation, and to help people living with HIV in understanding the benefits of exercise, may encourage greater participation.

Q Keywords: [Physical activity](#) [exercise](#) [physiotherapy](#) [AIDS](#) [HIV](#)

Kevin Martin et al.

AIDS Care

Published online: 2 Feb 2019

Exercise and cognitive function in people living with HIV: a scoping review >

Adria Quigley et al.

Disability and Rehabilitation

Published online: 29 Jan 2018

[View more](#)