

USING THE THEORETICAL DOMAINS FRAMEWORK TO IDENTIFY BARRIERS AND FACILITATORS TO EXERCISE AMONG OLDER ADULTS LIVING WITH HIV

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STUDY BACKGROUND

- PLWH (People Living with HIV) experience significant disability
- Exercise interventions are recommended but many are not meeting guidelines
- The Theoretical Domains Framework (TDF) identifies behaviour change factors

Purpose:

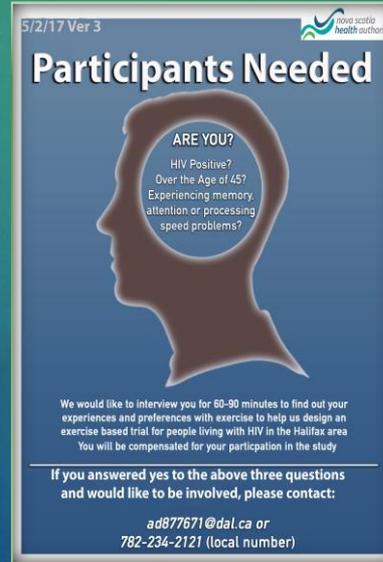
- Use the TDF to investigate the physical activity barriers and facilitators of older PLWH



Social Influences	Environmental Context and Resources	Reinforcement	Intentions	Social and Professional role and Identity	Knowledge	Beliefs about consequences	Optimism	Emotion	Behavioural Regulation	Skills	Memory, Attention, Decision Processes
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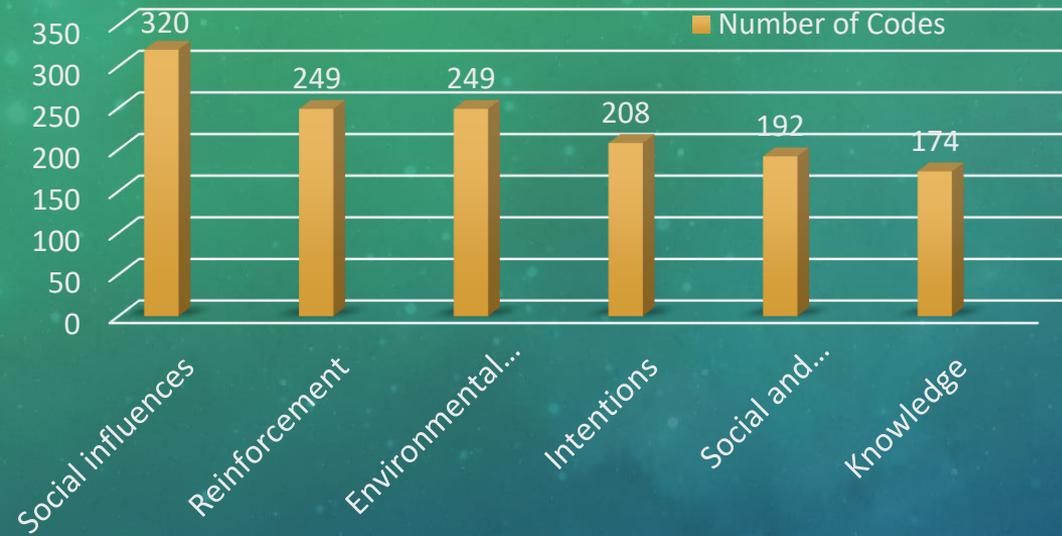
METHODS, DATA COLLECTION, AND ANALYSIS

- Qualitative, in-depth, key-informant, semi-structured interviews with 12 PLWH
- Inclusion criteria: aged 45 and older, HIV+, self-identified cognitive difficulties
- Demographic questionnaire
- Interview guide was developed using a committee of PLWH



- Interviews were audio-recorded, transcribed verbatim.
- De-identified transcripts were uploaded onto Nvivo
- Data coded using deductive content analysis.
- Two independent investigators coded each transcript by paragraph

RESULTS



- 12 participants
- 9 males, 3 females
- Mean age: 56.6
- 20.0 years living with HIV
- All taking antiretrovirals
- All had undetectable viral loads
- Mean CD4 count: 835.5

Facilitators: HIV diagnosis reinforces positive health behaviours, prioritizing exercise, physical and mental benefits, encouragement, technology

Barriers: Negative health care experiences, stigma, HIV medications, side effects, comorbidities, weather, injuries, lack of motivation, lack of self-efficacy, unfamiliarity with yoga, lack of knowledge of exercise guidelines, lack of exercise prescription

DISCUSSION AND KEY MESSAGES

- Mental and physical benefits facilitate physical activity.
- Positive relationships between perceived health status and physical activity participation.
- Psychological attributes (such as self-efficacy) may be more influential mediators of adherence than physical characteristics.
- Lack of exercise parameters from health care providers.



Key Messages:

- PLWH experience barriers to physical activity but also identify many facilitators.
- Researchers and clinicians should identify barriers to participation and incorporate strategies to address these obstacles.
- Clinicians should offer basic exercise information, particularly weight-bearing and balance exercises.