Physical Activity Preferences and Its Related Factors Among Cancer Patients Receiving Active Treatment

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Introduction: Cancer is the top cause of death in Taiwan. These diseases have remained the leading causes of death in the last 35 years. According to the US Healthy People 2010 program, physical activity is first among the top 10 individual and community health indicators. Physical activity is an element of wellness promotion that is associated with lower morbidity and mortality and a higher quality of life. Physical activity may help cancer patients promote and maintain their health. However, research on physical activity preferences of receiving active treatment cancer patients is still lacking.

Purpose: The purpose of our study was to investigate cancer patients’ physical activity preferences and relevant contributing factors.

Methods: This study used a descriptive and correlational design. Instruments included a physical activity preference survey form, the Godin Leisure-Time Exercise.

Results: The data were analyzed with the SPSS 21.0 statistics software for data processing and statistical analysis. In total, 119 patients participated in this study, and results showed that only 23.5% of participants achieved recommended physical-activity guidelines. Of all patients, 53.8% of patients engaged in light physical activity. For the physical activity program preferences, 77.4% of patients showed an interest in physical activity programs, and many of the patients (82.4%) revealed that they were able to participate. About 67.2% of patients preferred light physical activity. 39.5% of participants preferred physical activity in the afternoon, 37% of participants preferred outdoor activities, and 22.7% of participants preferred to begin their physical activity during treatment. The comorbid conditions, age, and functional status were significantly associated with regular physical activity.

Conclusion: The adherence to regular physical activity is improved by understanding the cancer patients’ unique preferences for physical activity.

Implications for Practice: These results provide a valuable recommendation for future designs of physical activity interventions to improve the quality of life of cancer patients.

Title:
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Keywords:
Active Treatment, Physical activity and cancer
Abstract Summary:
These results provide a valuable recommendation for future designs of physical activity interventions to improve the quality of life of cancer patients. The adherence to regular physical activity is improved by understanding the cancer patients’ unique preferences for physical activity.

Content Outline:
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