



Abstract Title: Using the theoretical domains framework to identify barriers and facilitators to exercise among older adults living with HIV

Adria Quigley
Dalhousie University

Larry Baxter
Community Member

Laura Keeler
Dalhousie University

Marilyn MacKay-Lyons
Dalhousie University

Introduction

People living with HIV are living longer due to the advent of combination antiretroviral therapy. In fact, those who are on successful combination antiretroviral therapy have similar life expectancies to their HIV-negative counterparts.(Sabin, 2013) However, increased survival is associated with an emerging threat – a higher prevalence, severity, and impact of comorbidities than in the general population.(Webel et al., 2015) Despite acknowledging the benefits of exercise, many people with HIV are not meeting current exercise guidelines.(Clingerman, 2003) One study reported that the *Healthy People 2010* recommendations for moderate and vigorous physical activity were met by only 28% and 19% of participants, respectively.(Clingerman, 2003).

Objectives

The primary objective was to gain more knowledge about the barriers and facilitators regarding participation in physical activity in older adults with HIV, using the Theoretical Domains Framework to guide the investigation.

Methods

This qualitative study involved in-depth, semi-structured interviews with 12 adults aged 45 years and older recruited from HIV organizations and health centres in Halifax, Nova Scotia. A committee of seven individuals living with HIV, together with the principal investigator, developed the interview guide. Interviews were digitally audio-recorded in their entirety and transcribed verbatim. All de-identified transcripts were uploaded onto NVivo11 and the data were coded according to the 14 domains of the Theoretical Domains Framework (Cane et al., 2012), using deductive content analysis.(Atkins et al., 2017) To ensure rigor and comprehensiveness, two independent investigators coded each transcript by paragraph. The coders independently read the transcripts and assigned each paragraph to one or more of the 14 domains, based on the established definitions of the domains and the constructs within the domains.(Atkins et al., 2017)

Results

Six prominent domains were identified from the interviews: Social influences, environmental context and resources, reinforcement, intentions, social and professional role, and knowledge. The participants had a working knowledge of exercise and its health benefits but were unfamiliar with specific exercise parameters. The majority of participants identified environmental or resource constraints as salient barriers for participation in exercise programs. Co-morbidities, injuries, and the side effects of HIV disease and medication were also acknowledged as barriers. Participants spoke of the importance of social support to facilitate participation in exercise programs. Other facilitators included using technology and combining exercise with day-to-day activities.

Conclusion: People with HIV experience numerous barriers to being physically active but also identify many facilitators to motivate engagement. Researchers and clinicians designing exercise interventions for individuals with HIV should incorporate strategies to address these obstacles.

References

- Atkins, L., Francis, J., Islam, R., O'Connor, D., Patey, A., Ivers, N., ... Michie, S. (2017). A guide to using the Theoretical Domains Framework of behaviour change to investigate implementation problems. *Implementation Science : IS, 12*. JOUR. <http://doi.org/10.1186/s13012-017-0605-9>
- Cane, J., O'Connor, D., & Michie, S. (2012). Validation of the theoretical domains framework for use in behaviour change and implementation research. *Implementation Science : IS, 7*(1), 37. <http://doi.org/10.1186/1748-5908-7-37>
- Clingerman, E. M. (2003). Participation in physical activity by persons living with HIV disease. *JANAC: Journal of the Association of Nurses in AIDS Care, 14*(5), 59–70 12p. JOUR.
- Sabin, C. A. (2013). Do people with HIV infection have a normal life expectancy in the era of combination antiretroviral therapy? *BMC Medicine, 11*, 251. <http://doi.org/10.1186/1741-7015-11-251>
- Webel, A. R., Barkley, J., Longenecker, C. T., Mittelsteadt, A., Gripshover, B., & Salata, R. A. (2015). A Cross-Sectional Description of Age and Gender Differences in Exercise Patterns in Adults Living With HIV. *JANAC: Journal of the Association of Nurses in AIDS Care, 26*(2), 176–186 11p. JOUR. <http://doi.org/10.1016/j.jana.2014.06.004>

Cite this document in APA:

Quigley, A., Baxter, L., Keeler, L. MacKay-Lyons, M. (2018, September). *Using the theoretical domains framework to identify barriers and facilitators to exercise among older adults living with HIV*. Paper presented at the Healthy Living, Healthy Life: Collaborative Health Conference on Research, Practice and Community Innovations Conference, Dalhousie University, Halifax, NS. Retrieved from <https://ojs.library.dal.ca/HLHL/>

