

Exploration of the Perception on Physical Activity and Its Correlation with Patients' Quality of Life at Vironas Health Center

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Introduction

- Quality of life is a multidimensional concept which defines the general state of well-being of the individual, in relation to the values, environment and the social and cultural contexts in which he or she lives.¹
- Physical activity refers to the structured, planned and repeated process aimed at improving or maintaining the physical condition of the exerciser This is a debilitating symptom (hence 5-24% report severe fatigue), which increases the risk of mortality in dialysis patients.^{2,3}
- Self-efficacy in physical activity refers to a person's belief that they have the ability to overcome the barriers that affect their decision to integrate physical activity into their daily schedule, and thus reduce sedentary behaviour.⁴
- Physical activity has a beneficial effect on multiple aspects of quality of life, while social and emotional benefits appear to be the strongest motivators.⁵

Objective

The objectives of the study was to evaluate the perceptions of physical activity and its correlation with the quality of life of the patients who visited the Health Center of Vironas, in Athens, Greece.

Methods

- A cross sectional study was performed from March to May 2024.
- The sample consisted of 152/177 (response rate: 85.8%) patients.
- The questionnaire is divided into four parts; the first is related to the collection of demographic data, the second includes the Greek version of Short Form Survey (SF36), the third the Self-efficacy for Exercise Scale (SEESCALE) and the fourth the International Questionnaire of Physical Activity (IPAQ, short –form).

Results

- Out of 152 responders, the majority of the sample were women (67.1%). The majority was under 45 years old (55.9%), 56.6 were married and 63.6% had a higher education level (table 1).

Table 1. Demographic data of the sample

Characteristics	N = 152	%
Sex		
Male	50	32.9
Women	102	67.1
Age		
18-35	37	24.3
36-45	48	31.6
46-55	29	19.1
56-65	29	19.1
>65	9	5.9
Marital status		
Singles	51	33.6
Married	86	56.6
Divorced	14	9.2
Widowers	1	0.7
Number of children		
0	61	40.1
1-2	74	48.7
>3	17	11.2
Educational status		
Compulsory education	1	0.7
Secondary education	54	35.8
University degree	64	42.4
MSc	30	19.9
PhD	2	1.3
Work		
Public servant	65	42.8
Private employee	54	35.5
Unemployed	4	2.6
Student	5	3.3
Retired	13	8.6
Other	11	7.2

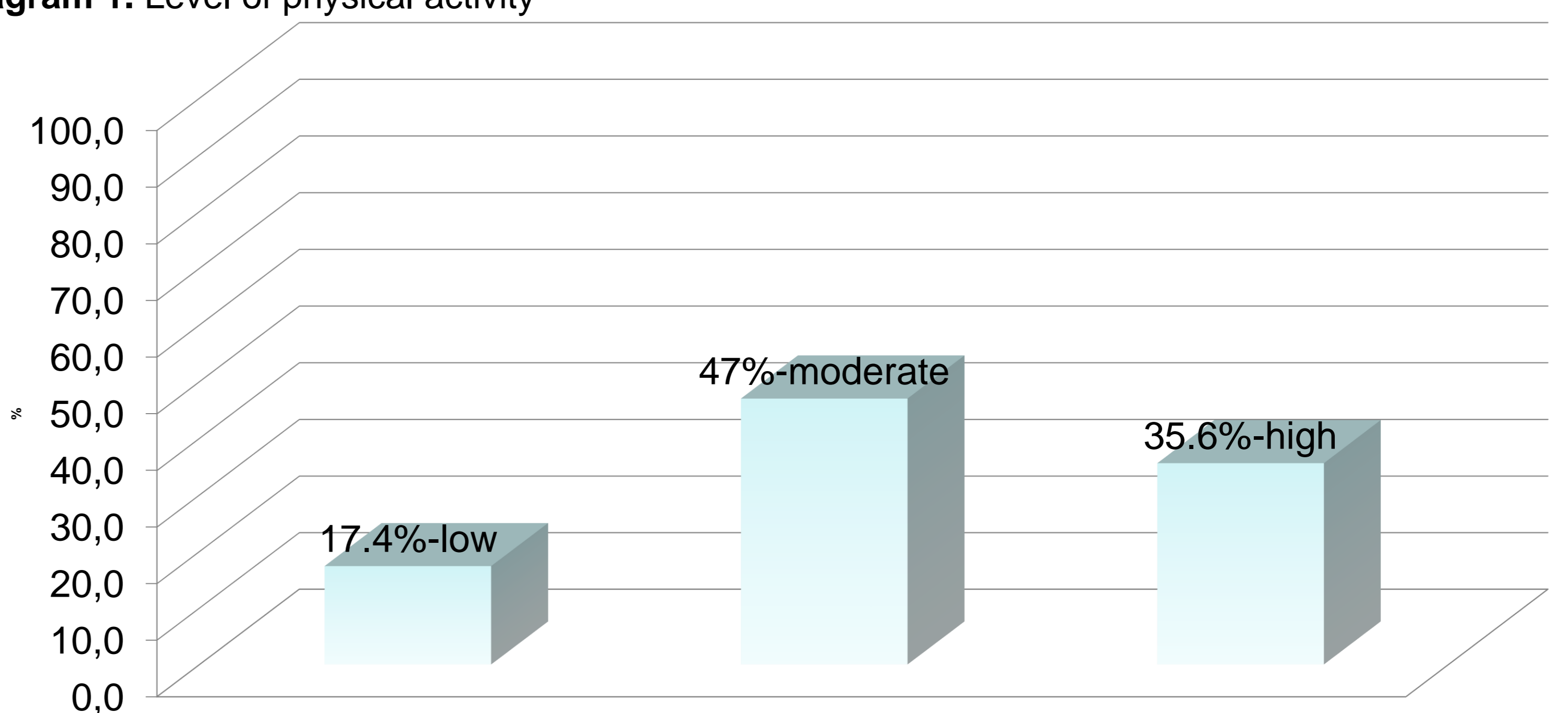
Results

- Participants' quality of life was rated high according to physical and mental summary scales (Mean: 48.6+8.7 and 42.2+12.2 respectively) (table 2).
- Additionally, participants showed moderate self-efficacy for exercise (Mean: 15.0+5.1) while 47% had moderate level of physical activity, closely followed by 35.6% with high level and 17.4% with low level (diagram 1).
- Responders who practiced more often had increased self-efficacy and vitality, compared to those who exercised at a moderate or low level, while those who exercised at a moderate level had better physical functioning than those who exercised at a low level.
- With regard to increased self-efficacy for exercise, it was related with reduced bodily pain, better general and mental health, and increased vitality.
- Finally, participants over 56 years old demonstrated worse physical health and physical functioning compared to those in the 18-35 age group.

Table 2. Descriptive results for the scales of the SF-36 questionnaire

Scale	Minimum	Maximum	Median	Cronbach's a
Physical functioning	0.0	100.0	81.6 (20.9)	0.90
Physical role	0.0	100.0	56.9 (41.6)	0.87
Physical pain	22.0	100.0	69.6 (21.5)	0.81
General Health	20.0	97.0	64.5 (17.2)	0.72
Vitality	0.0	100.0	56.3 (22.8)	0.80
Social role	12.5	100.0	74.8 (24.0)	0.77
Emotional role	0.0	100.0	45.8 (43.9)	0.86
Mental health	8.0	100.0	63.1 (21.8)	0.82
Physical summary scale	16.5	67.0	48.6 (8.7)	0.81
Mental summary scale	10.2	65.7	42.2 (12.2)	0.81

Diagram 1. Level of physical activity



Conclusions

Physical activity is correlated to better general and mental health and better quality of life overall and its promotion is one of the most important goals of Primary Health Care.

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