

Qualitative Description Of Exercise Perceptions/experiences In High-intensity Study To Attenuate Limitations And Train Habits (HEALTH)

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BACKGROUND

- Benefits of physical activity (PA) among older people living with HIV(PWH).
- Limited engagement in physical activity and the rising cases of obesity.
- Experiences and perceptions of sedentary PWH enrolled in the HEALTH study.

METHODS

Main Trial (HEALTH Study):

- 100 older adult >50 years (PWH) reporting fatigue and having sedentary life.
- Randomized to 1:1 16 weeks of HIIT or CME intervention.
- 12 weeks maintenance and randomization to mHealth.
- Final assessments to assess PA level, physical function and fatigue.

Main Trial Outcomes:

- Improved physical function and fatigue
- Greater exercise satisfaction and continuation.

Qualitative Study Design:

- Qualitative study embedded in a parent randomized parallel-group, superiority trial.
- Purposefully selected and conducted 30 in-depth interviews among participants enrolled in HEALTH Study.
- Telephone interviews conducted between February 2021 and August 2022
- Semi-structured interview guide informed by the

Two minds theory explored general exercise perceptions, self-efficacy for exercise, mHealth intervention tailoring, and goals for physical activity.

Population:

- Randomized to either HIIT or CME in the main trial
- Age \geq 50 years
- Consented to be interviewed

Setting

Study conducted at two sites; University of Colorado Anschutz Medical Campus and University of Washington that provide HIV care for diverse PLWH

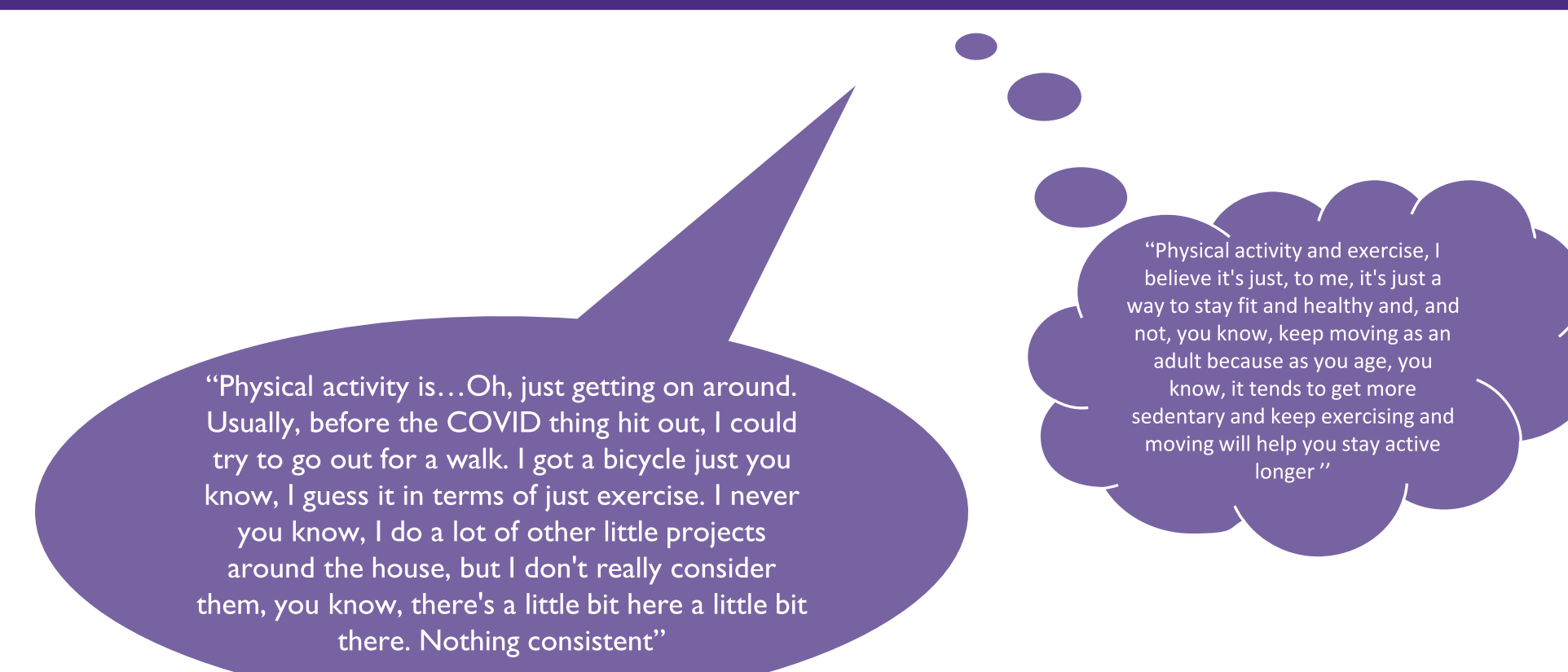
ANALYSIS

- 30 in-depth interviews transcribed using otter. Ai and reviewed for context.
- Coding framework developed using thematic analysis guided by Virginia Braun and Victoria Clarke
- Data reviewed for emerging themes
- Theme discussions to reach consensus
- Inductive and deductive coding applied by a two-member team

RESULTS

- 60% of the participants were male.
- 73% between age 50-60 years
- 97% Non-Hispanic
- 53% had some college or technical school training.

Physical activity was perceived as the ability to maintain daily living activities and address health goals such as keeping fit.

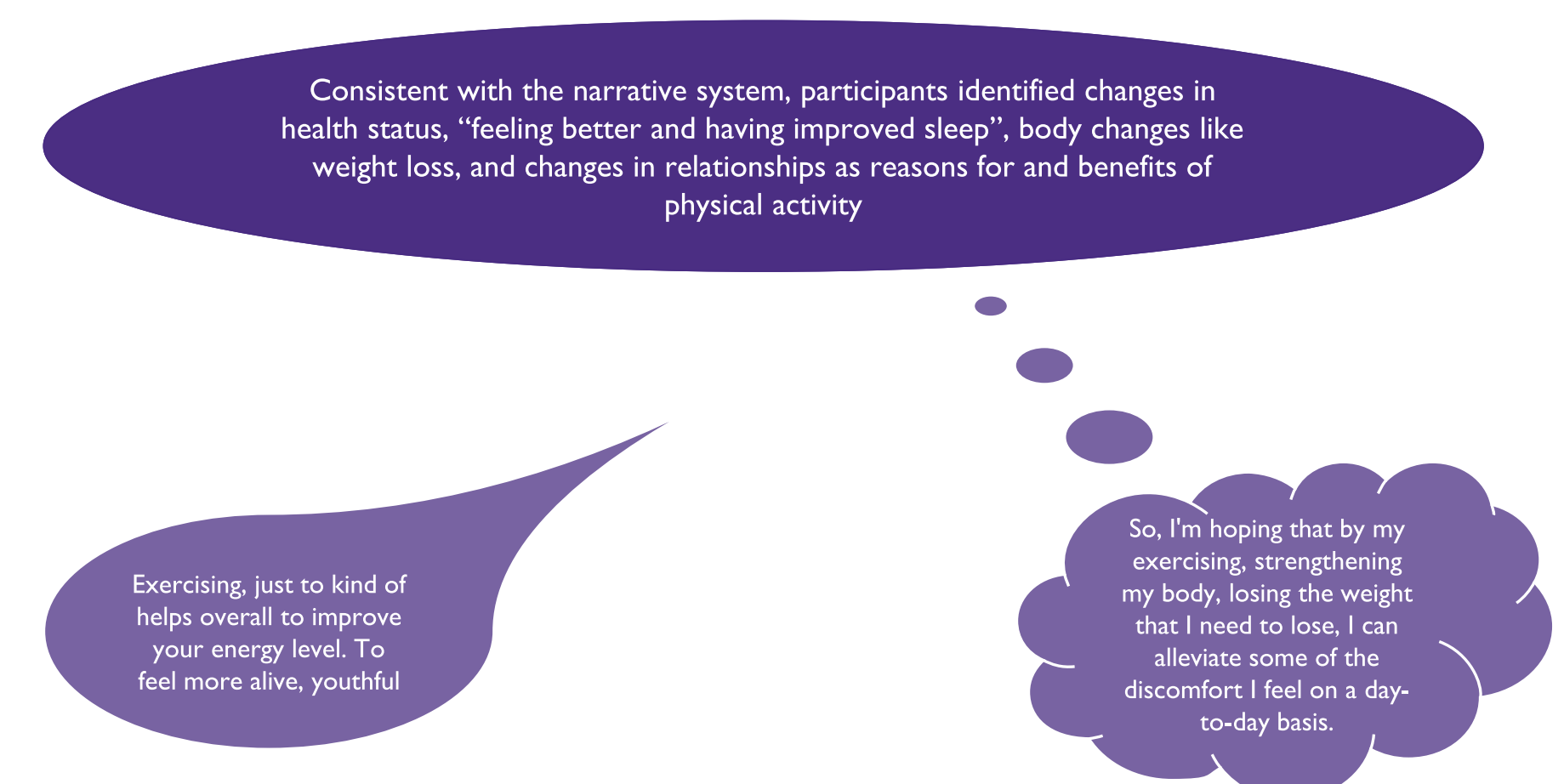


Barriers to Physical Activity

Congruent with the two-minds theory, participants reported intuitive-level experiences as barriers to physical activity. These include antiretroviral (ART) side effects, lack of self-confidence, and aging. COVID-19 was also noted as a significant barrier to physical activity.



Benefits of physical activity



CONCLUSION

Development of patient focused tailored strategies supporting physical activity.

ACKNOWLEDGEMENT

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