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Background

- The prevalence of childhood chronic conditions is increasing, partly due to medical practices that make chronic conditions more survivable.¹
- Health-related quality of life is typically lower in children with chronic conditions.^{2,3}
- Previous studies have reported positive correlations between physical activity and quality of life in children with chronic conditions or disabilities.

Objectives

- Examine the relationship between physical activity and quality of life in children ages 12 to 17.

Methods

- 12- to 17-years-olds with any chronic condition, at least one year past diagnosis, and their parent/guardian complete an online survey.
- Physical activity is assessed using the International Physical Activity Questionnaire short form (IPAQ-SF); quality of life is measured using the Pediatric Quality of Life Inventory (PedsQL) 4.0 Generic Scale.
- Pearson's r was used to examine the correlation between these outcomes.

Results

- 15 dyads (33.3% female children) have completed the survey.
- Table 1: Pearson's r correlations

	Quality of Life		
	PedsQL total	PedsQL physical	PedsQL psychosocial
Physical Activity			
Time/day vigorous	0.468	0.392	0.484
Days/week vigorous	0.012	0.119	-0.056
Time/day moderate	0.574	0.593*	0.529
Days/week moderate	0.044	0.238	-0.081
Time/day light	0.247	0.360	0.161
Days/week light	0.335	0.511	0.206

*p < 0.05

Discussion

- Trends aligned with relationships found in literature.
- Limitations: small sample size (preliminary results); risk of finding relationships by chance; participant honesty.
- Next steps: larger sample; validate survey questions; explore relationship with other variables (ex. Sleep).

Preliminary results suggest positive correlations between physical activity and quality of life in children with chronic conditions.

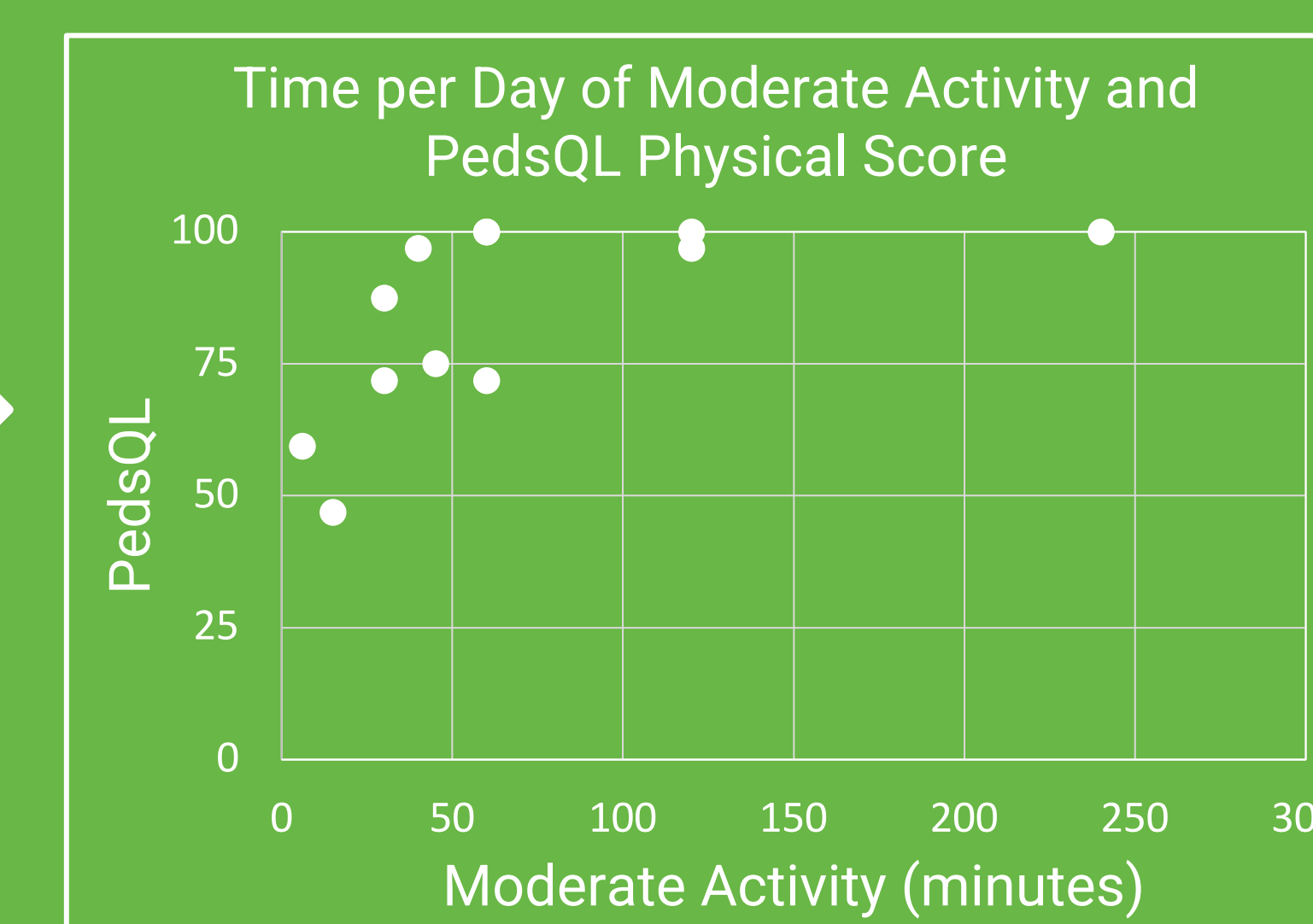
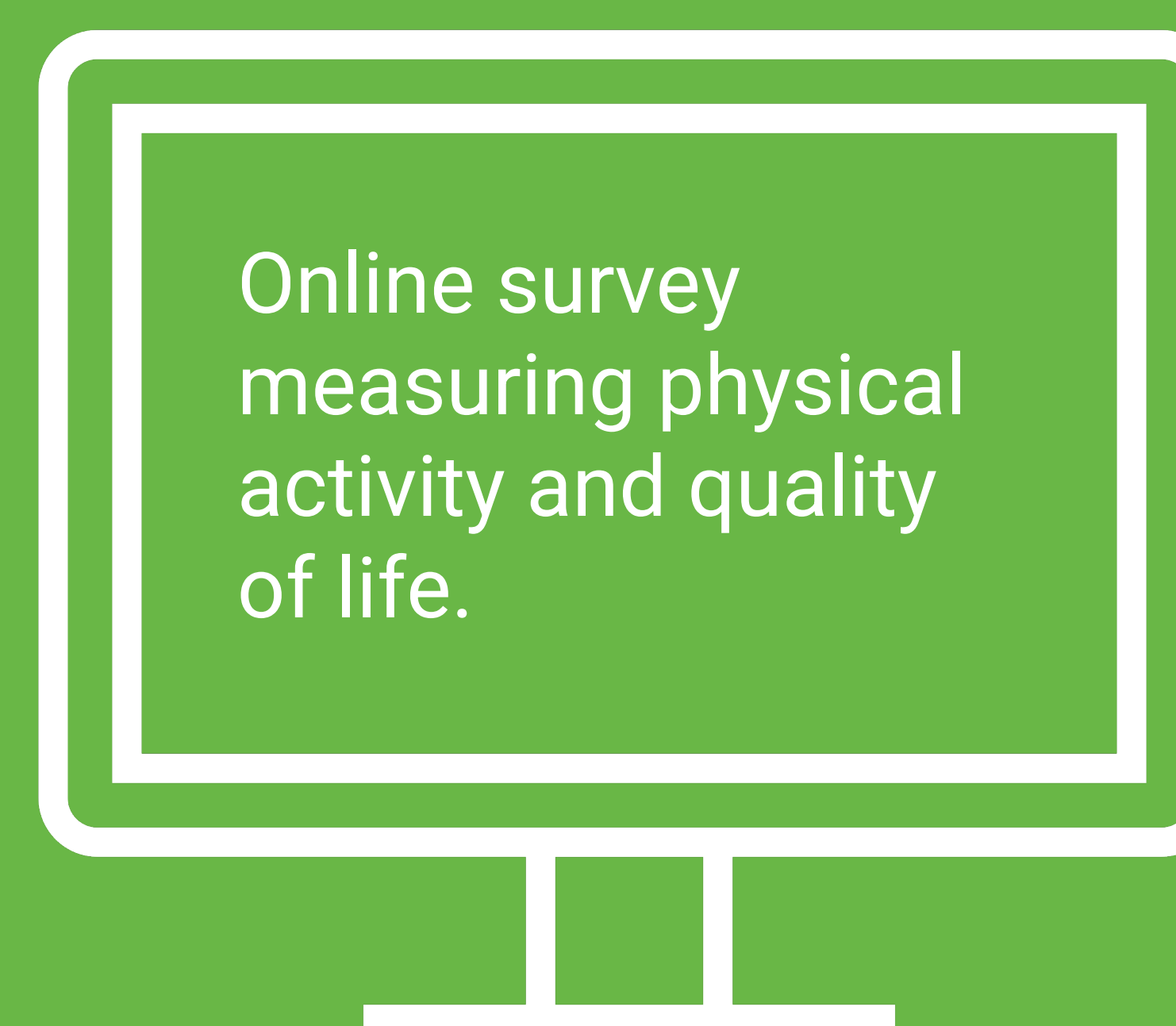


Figure 1. Scatterplot of time per day of moderate activity and PedsQL physical score.

References

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