

# The Acceptability of Reducing Sedentary Behaviour to Older Adults: A Qualitative Study

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## Background and Aims

- Sedentariness increases risk for multiple diseases and premature death, and is most common in older adults.
- To develop effective interventions to reduce sedentariness in this population, it is important to find out what methods and techniques would be acceptable.

**Aims:** The present research aimed to investigate factors influencing acceptability in relation to sedentary behaviour reduction in older adults.



## Methods

- Qualitative semi-structured interviews with 22 adults aged 65-99 years
- Analysed using Thematic Analysis with the Framework Approach
- Theoretical Domains Framework used to inform data collection and analysis



## Emerging Findings

Theme	Example Sub-Theme	Participant Quote
<b>Construal of Sedentary Behaviour</b> <i>how older adults think about sedentary behaviour</i>	<ul style="list-style-type: none"> <li>• Contradiction between reasons to sit and effects of sitting</li> </ul>	<p>"...it's lovely having me cup of tea and doing the dinner then sit down and watch the telly...especially if you're hurting as well, if you've got bad arthritis, but then again it gets worse because you're sedentary"</p>
<b>Interpersonal Factors</b> <i>Influence of others on older adults sedentary behaviour</i>	<ul style="list-style-type: none"> <li>• Importance of social connectedness</li> </ul>	<p>"I think there's a big factor in terms of companionship as well. When you're in my situation you are terribly lonely, and as a consequence the easiest thing for you to do is sit and watch that thing [television] or put your feet up."</p>
<b>Environmental Issues</b> <i>Factors of the physical/social environment that influence sedentary levels</i>	<ul style="list-style-type: none"> <li>• Provision of community resources</li> </ul>	<p>"There's no place for people to gather to meet here...there are no community places that you know like you can go once or twice a week...they don't have that for old people."</p>

## Next Steps

- Develop a group/community intervention to reduce sedentary behaviour in older adults that is as acceptable as possible (possibly using co-design or changing the environment)
- Refinement of intervention based on feedback from older adults through interviews/focus groups
- Study to examine the feasibility of testing the intervention

