

EXPERIENCES OF BEING ACTIVE WHEN SEVERELY OBESE

-a systematic review

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RESEARCH QUESTION: How do adults with severe obesity experience physical activity? – what are the facilitators & barriers?

AIM: To aggregate, interpret and synthesize findings of lived experiences of persons living with BMI ≥ 40 kg/m².

BACKGROUND:

- Obesity is a complex chronic condition
- Lifestyle intervention may lead to long term changes
- Increased activity level can improve health & well-being
- Holistic health perspective relates to suffering & well-being
- System world & life world need to interact
- Facilitators and barriers should be addressed

METHODS:

- JBI methodology,
- PICO, three phase search strategy, quality appraisal (QARI)
 - Meta-aggregation: data extraction, findings, sub-themes & themes
 - Hermeneutic text interpretation focusing on meaning and constant targeted comparison

RESULTS:

- 8 primary studies
- 143 women & 69 men

Meta-synthesis	'Homecoming' - a change in identity		
Main theme	Identity		
Sub-themes	Considering weight	Being able to	Belonging with others

»You can't stay committed (to exercise) because you don't see the results« (Baruth, 2014:342)

»Doing any physical activity, it's not something to look forward to, it's putting myself out to be ridiculed again« (Lewis, 2011:464)

»Exercising in a pool is lots of fun and especially if it's a fun group, then it's a social activity« (Wiklund, 2011:184)

CONCLUSION:

Physical activity is challenging for adults with severe obesity due to their embodied and intersubjective identity and lack of capability to make changes on their own.

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