primary studies - published, non RCT

Parent and Child Perceptions of a Self-Regulated, Home-Based Exercise Program for Children With Cystic Fibrosis.

Code: PM23995464 **Year:** 2013 **Date:** 2013 **Author:** Happ MB

Study design (if review, criteria of inclusion for studies)

This qualitative descriptive study was nested within a randomized controlled trial

Participants

Children with CF and their parents. 11 purposively selected children with CF and their parent(s). RESULTS:: Six boys and five girls, ages 10-16 years, and parents(nine mothers, four fathers) participated in a total of 44 interviews.

Interventions

6-month program of self-regulated, home-based exercise. This qualitative descriptive study was nested within a randomized controlled trial of a self-regulated, home-based exercise program and used serial semistructured interviews conducted individually at 2 and 6 months.

Outcome measures

Five major thematic categories describing child and parent perceptions and experience of the bicycle exercise program were identified in the transcripts: (a) motivators, (b) barriers, (c) effort/work, (d) exercise routine, and (e) sustaining exercise.

Main results

Five major thematic categories describing child and parent perceptions and experience of the bicycle exercise program were identified in the transcripts: (a) motivators, (b) barriers, (c) effort/work, (d) exercise routine, and (e) sustaining exercise. Research participation, parent-family participation, health benefits, and the child's personality traits were the primary motivators. Competing activities, priorities, and responsibilities were the major barriers in implementing the exercise program as prescribed. Motivation waned, and the novelty wore off for several (approximately half) parent-child dyads, who planned to decrease or stop the exercise program after the study ended.

Authors' conclusions

The authors identified motivators and barriers to a self-regulated, home-based exercise program for children with CF that can be addressed in planning future exercise interventions to maximize the health benefits for children with CF and the feasibility and acceptability to the children and their families.

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See also

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Keywords

Adolescent; Child; Home; non pharmacological intervention - psyco-soc-edu-org; Behavioural interventions; Self-Management; exercise; non pharmacological intervention - devices OR physiotherapy;