Correlates of physical activity stages of change in people living with HIV in a Ugandan community.

Abstract

Purpose: The Trans Theoretical Model (TTM) of behavioral change posits that individuals move through five stages of change when adopting new behaviors: pre-contemplation, contemplation, preparation, action, and maintenance. The aim of this study was to determine the proportion of patients with HIV/AIDS within a Ugandan fishing community in the different physical activity (PA) stages. We also explored differences in variables, motives, and barriers for PA across the stages.

Methods: In total, 256 individuals (77 men, 40.5 ± 10.3 years) completed the Patient-centered Assessment and Counseling for Exercise Questionnaire, the Patient Health Questionnaire-9 (PHQ-9) to assess depressive symptoms, and the Alcohol Use Disorders Identification Test. They were also asked about their most important PA motive and barrier.

Results: Seventy-five individuals (29%) were in the (pre-) preparatory stages, 140 (55%) in the action and 41 (16%) in the maintenance stage. Those in the (pre-) preparatory stages had higher PHQ-9 total scores ($p < 0.001$) and were more likely to report barriers than those in the later stages ($p < 0.001$). Compared with those in the (pre-) preparatory stage, patients in the action stage experienced less body weakness ($p = 0.015$).

Conclusions: Depression and barriers to PA should be considered in people with HIV/AIDS in low-resource settings when implementing interventions to assist them to become more active.