

Enablers and Barriers Related to Preconception Physical Activity: Insights from Women of Reproductive Age Using Mixed Methods

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Background

Regular preconception physical activity (PA) is associated with numerous benefits. However, most women fail to meet PA recommendations during the preconception period and interventions specifically focused on PA behaviour change among preconception women are lacking.

Objective

To investigate enablers and barriers related to physical activity in preconception women



Methodology

Design: Sequential explanatory mixed method (online cross-sectional quantitative survey followed by qualitative online interviews)

Measures: International Physical Activity Questionnaire Short form (IPAQ-SF); Preconception Physical Activity Enablers and Barriers Scale (PPEBS)

Sample: 788 women of reproductive age from Australia (281), India (234) and USA (273) for survey. 13 women for qualitative study

Analysis: Binary Logistic Regression and Thematic analysis. Weaving approach, joint display and the Capability Opportunity Motivation Behaviour (COM-B) model were used to integrate and present the quantitative and qualitative data together

Conclusion

Qualitative narratives mapped to the quantitative results highlighted the multifaceted nature of factors shaping women's behaviours in preconception PA. Our study lays the groundwork for developing tailored, theory-informed interventions and policies aimed at promoting PA behaviour change among preconception women.

Results

