# 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)

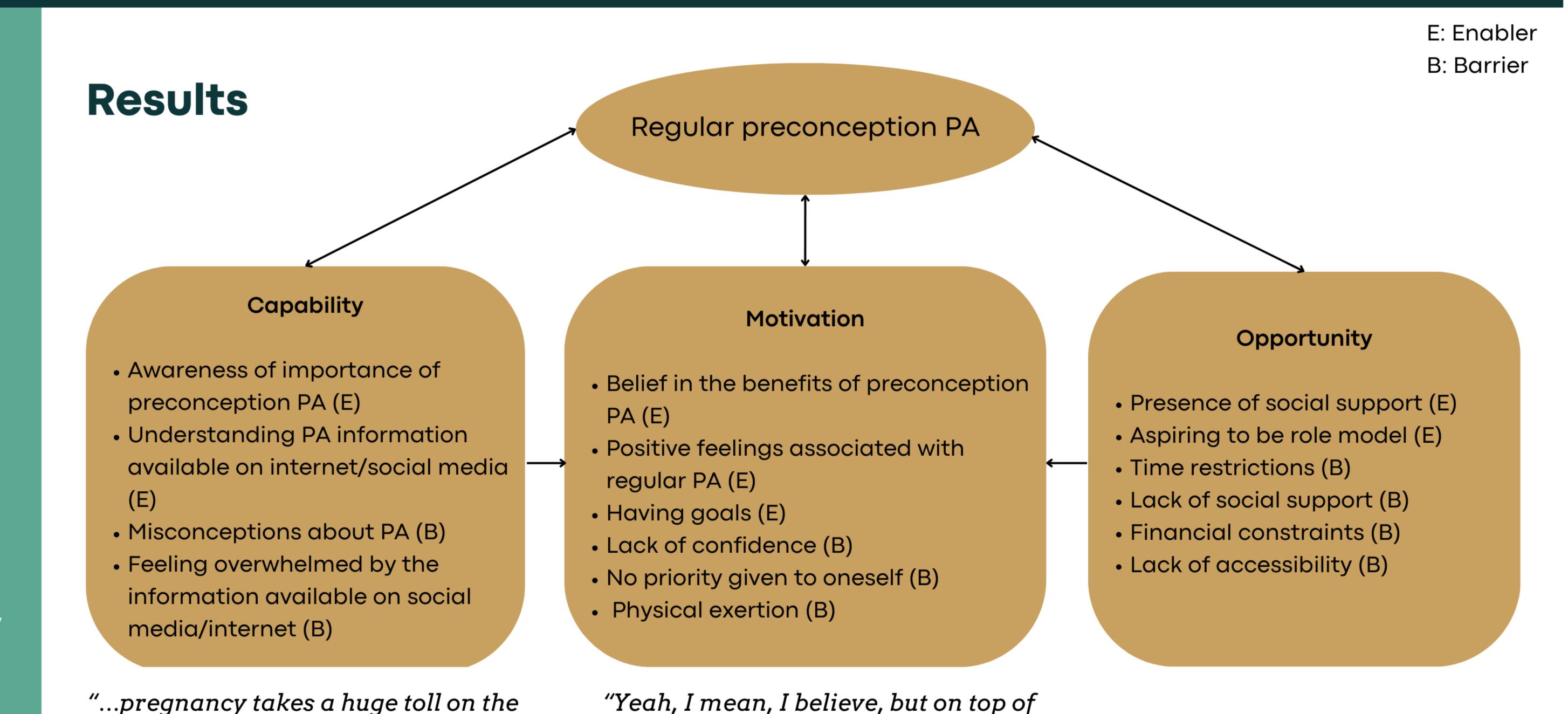
**Measures**: International Physical Activity Questionnaire Short form (IPAQ-SF); Preconception Physical Activity Enablers and Barriers Scale (PPEBS)

**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.



that for your future babies."

"There's a kid sport something. So

usually I'm running around between all

of them. By the time I actually get time to

sit, I want to rest, not run around or

engage in exercise, so I don't prioritise it

as much as I should."

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body.... the healthier you are, you know,

the better chance your body can tolerate

the extra weight of the baby and, then

childbirth..."

"we when you say physical activity in

[sic] the stereotypical things that come to

mind of like intense exercise isn't really

something I do."



"After having my second child, I did

try to go to a gym, that had they

advertised that they had childcare

available at the gym. And I tried that.

However, the tricky thing with that

was that you had to book in time

slots. And it was really pricey