



Which factors are associated to sedentary behaviour in patients with chronic inflammatory rheumatism (CIR)?

Sara bahloul^{1,2}, Hanan Rkain^{2,3}, Samya ezzaoui³, Fatine Kronbi³, Imane Bensghir³, Latifa Tahir³, Najia Hajja-Hassouni⁴, Taoufik Dakka², Saadia Abouddrar², Fadoua Allal³

1. Rheumatology department, Mohammed VI University of Health Sciences, Casablanca, Morocco

2. Exercise Physiology and Autonomous Nervous System Team, Physiology Laboratory, Faculty of Medicine and Pharmacy, Mohammed V University, Rabat, Morocco.

3. Department of Rheumatology B, El Ayachi Hospital, Ibn Sina Hospital Center, Faculty of Medicine and Pharmacy, Mohammed V University, Rabat, Morocco.

4. Rheumatology department, International University of Rabat (UIR), Rabat, Morocco.



Background: The management of patients with CIR is based on a multidisciplinary approach. Physical activity is considered a slow-acting disease-modifying treatment that is beneficial at all stages and severities of CIR, helping improve patients' quality of life.

Objective: To assess the level of physical activity in patients with CIR and to identify the factors associated with sedentary behavior in these patients.

Methods :

This cross-sectional study included 140 patients (mean age 47.1 years, 68% women) with CIR (rheumatoid arthritis 56.4%, ankylosing spondylitis 32.1%, psoriatic arthritis 8.6%, and juvenile idiopathic arthritis 2.9%). Information on patients and disease characteristics was collated. Physical activity was measured objectively using the International Physical Activity Questionnaire Short Form (IPAQ-SF) for seven consecutive days. Activity levels were subdivided into low moderate, and vigorous physical activity. We also analyzed factors associated with sedentary behavior in these patients.

Results :

The mean IPAQ-SF was 413 (0.760) MET-min/week, corresponding to a low level of activity. The prevalence of sedentary behavior was 75.2%. Sedentary behavior was significantly associated with lack of PA before the disease ($p=0.03$), female gender ($p<0.001$), lack of professional activity ($p<0.04$), and functional disability caused by CIR ($p=0.001$).

Factor	p-value
Lack of physical activity before the disease	0.03
Female gender	<0.001
Lack of professional activity	<0.04
Functional disability caused by CIR	0.001

Conclusion:

Our study shows a high prevalence of sedentary behavior in patients with chronic inflammatory rheumatism, which suggests the need for awareness-raising programs on the importance of physical activity in these patients to combat sedentary behavior.