

Accepted Manuscript

Title: Physical activity and breast cancer survivors:
Importance of adherence, motivational interviewing and
psychological health

Authors: Supa Pudkasam, Remco Polman, Meron Pitcher,
Melanie Fischer, Nanthaphan Chinlumprasert, Lily
Stojanovska, Vasso Apostolopoulos



PII: S0378-5122(18)30389-X
DOI: <https://doi.org/10.1016/j.maturitas.2018.07.010>
Reference: MAT 7040

To appear in: *Maturitas*

Received date: 8-6-2018
Revised date: 1-7-2018
Accepted date: 18-7-2018

Please cite this article as: Pudkasam S, Polman R, Pitcher M, Fischer M, Chinlumprasert N, Stojanovska L, Apostolopoulos V, Physical activity and breast cancer survivors: Importance of adherence, motivational interviewing and psychological health, *Maturitas* (2018), <https://doi.org/10.1016/j.maturitas.2018.07.010>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Physical activity and breast cancer survivors: Importance of adherence, motivational interviewing and psychological health

Supa Pudkasam^{1,2}, Remco Polman³, Meron Pitcher⁴, Melanie Fischer⁴, Nanthaphan Chinlumprasert², Lily Stojanovska¹, Vasso Apostolopoulos^{1,*}

¹Institute for Health and Sport, Victoria University, Melbourne VIC Australia

²Faculty of Nursing Science, Assumption University, Bangkok, Thailand

³School Exercise and Nutrition Sciences, Queensland University of Technology, Brisbane Qld, Australia

⁴Breast Cancer Services, Western Health, Melbourne VIC Australia

* Corresponding author.

Email address: vasso.apostolopoulos@vu.edu.au (V. Apostolopoulos)

Highlights

- Adherence to exercise is important to improve cancer outcomes such as quality of life and depression.
 - Programs promoting behavioral changes seem to be more effective if they are based on a theoretical framework.
 - The theory of planned behavior, social cognitive theory, self-determination theory and transtheoretical models can be used to guide physical activity interventions.
 - Motivational interviewing promotes physical activity behaviors.
-

ABSTRACT

Behavioral change theories have been used to support interventions that increase both motivation for and adherence to physical activity programs for breast cancer survivors. Most of the programs can improve psychological health-related quality of life. Depressive and anxious symptoms seem to be associated with some stressors, such as the perception of breast cancer, prognosis, long-term treatment-related side-effects and fear of cancer recurrence. Beyond physical fitness, several physical activity programs for breast cancer survivors have been reported to improve psychosocial wellness and life satisfaction. However, many physical activity programs have failed to motivate breast cancer survivors due to barriers such as general health issues and lack of time. More specifically, women may have little confidence in the benefits of physical activity and breast cancer outcomes. Therefore, engaging breast cancer survivors in physical activity is challenging for health care professionals. Herein, we identify cancer-related mental distress, coping style and behavioral theories applied to physical activity programs in breast cancer survivors. More specifically, we discuss the effectiveness and limitations of 3 psychological theories and 2 concepts related to behavioral change, including the theory of planned behavior, social cognitive theory, self-determination theory, transtheoretical model and motivational interviewing for physical activity adherence in breast cancer survivors.

Keywords: Breast cancer survivors

Physical activity adherence

Psychological health

Theory-related behavioral change

Motivational interviewing

Download English Version:

<https://daneshyari.com/en/article/8283711>

Download Persian Version:

<https://daneshyari.com/article/8283711>

[Daneshyari.com](https://daneshyari.com)