



UNIVERSITY OF BIRMINGHAM

Developing an intervention to reduce sedentary behaviour in non-ambulant young people with long-term disabilities.

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Introduction

- Being sedentary means sitting or lying down whilst awake, and not using much energy.
- Evidence suggests long periods of sedentary time increases the risk of poor health, for example obesity or cardio-metabolic disease¹.
- Reducing sedentary time can help to prevent poor health. Children with disabilities spend more time being sedentary than able bodied children².
- There are no evidence-based interventions to help young people with disabilities to reduce their sedentary time.

Methods

Intervention development:

Following the **Six Steps of Quality Intervention Development model**³:

- Young people with disabilities (aged 12-25)
- their families
- health and education professionals
- academics and industry experts

will be involved in a series of **online workshops** involving **anonymous** web-based conversations, using a technique called **crowdsourcing** and face to face focus groups.



The study aims to:

- 1) **co-design** a digitally-enabled intervention to help **non-ambulant young people with disabilities to reduce their sedentary time.**
- 2) test the **feasibility** of the intervention.



Scan to access study website:



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The intervention development will be underpinned by relevant **theories, models and behaviour change techniques**, for example self determination theory⁴, and the COM-B model⁵.

The intervention developed will be tested via a feasibility study.

Feasibility study:

- **Mixed methods**
- Single arm
- 20 participants
- 12 weeks-
- 2 sites
- **Quantitative** data collection: participants wear accelerometers and heart rate monitors to measure their sedentary time and movement activity and provide them with feedback about their behaviour.



- **Qualitative** data collection: individual exit interviews to evaluate acceptability.
- **Patient reported outcome measure:** Children's Assessment of Participation and Enjoyment.

Analysis:

Summary statistics, theory based thematic analysis of interview transcripts.

References

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