The barriers, benefits and facilitators of leisure time physical activity among people with spinal cord injury:

A meta-synthesis of qualitative findings

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Rationale

- In the UK someone is paralysed by spinal cord injury (SCI) every eight hours
- Important role of physical activity (PA) (Martin Ginis et al., 2012)
- People with SCI are the most physically inactive segment of society (Letts et al, 2011)

What does the published qualitative literature contribute to the understanding of the barriers, benefits and facilitators of leisure time physical activity (LTPA) after SCI?
Method

1) Identifying the focus of the review
2) Identifying published papers relevant to the research question
3) Appraising the studies for research quality (Garside, 2013)
4) Identifying and extracting the relevant data and summarising key themes from each paper
5) Comparison and synthesis of key themes into new concepts (Hammell, 2007; Walsh and Downe, 2005)
Literature search

- Medline: 121
- PsychINFO: 55
- PsychARTICLES: 2
- Scopus: 2735
- SPORTDiscus: 91
- Web of Science: 220
- Hand searched: 2

2878 Publications (duplicates removed)

- 2399 rejected at title
- 415 rejected at abstract

64 papers read in full

- 46 rejected at full text

18 included papers
Results

Barriers, benefits and facilitators of LTPA for people with SCI

Subjective well-being
Psychological well-being
Social well-being

Lack of motivation
Temporal
Rejection of disability sport

Well-being
Motivation
Physical body
Environment
Body-self

Recovery
Normative activity

Restitution
Narrative

Knowledge

Physically active identity

Lack of information
Healthcare professionals
Gaining information

Disrupted body-self
Reintegrated body-self
Disabled Identity
Body-self compassion

Physically active identity
Development of active identity
Continuation of active identity

Material
Geographical
Social support

Biological impairment
Biological improvement
Illness prevention
Health maintenance
Identify relationships

Subjective well-being
Psychological well-being
Social well-being

Well-being

Physical body

Biological impairment
Biological improvement
Illness prevention
Health maintenance
Critique of LTPA promotion

- Exercise as medicine promotes neoliberal health role (Smith and Perrier, in press)
  - Environment
  - Knowledge

- Negative impact on health and well-being
Restitution narrative

Recovery
Normative activity

Restitution Narrative
Dangers of restitution

- LTPA for the purpose of recovery
- Could impact upon future PWB (Nunnerly et al., 2013)
- Future research > address the impact of LTPA on well-being over time
Conclusion

- Relationship between the barriers, benefits and facilitators of LTPA
- Effective communication of benefits of LTPA
- Critical attitude concerning risks of LTPA promotion
- Explore long term impact on well-being overtime


