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Which factors influence patients with chronic low back pain meeting physical activity and sedentary recommendation?

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Background: Physical inactivity (PA) and sedentary behaviour influence patients with chronic low back pain (LBP). The first step in proposing an intervention to change the inactive lifestyle is to understand what factors that together influence this behaviour. Therefore, the aim of this study was to investigate which characteristics might influence the PA and sedentary behaviour in chronic LBP. Methods: One hundred seventy-one patients with chronic LBP were included in this analysis. At baseline assessment, a trained assessor administered the questionnaires, during the interview collecting the following information: demographic and anthropometric characteristics, as well as, clinical data (i.e. pain intensity, disability, fear of movement and depression). The PA and sedentary behaviour were objectively measure with accelerometer. Logistic regression analysis was performed to investigate which factors influence both behaviours. The Human Ethics Committee of São Paulo State University approved this study (CAAE36332514.0.0000.5402). Results: The sample was predominantly women (67.2%), and the median duration of symptoms was 12 months (Interquartile Range: 6.0 to 48). The multivariable logistic regression showed a significant association of being physically active with female, lower body mass index, higher exercise levels and lower time spent in sedentary activity. Regarding the sedentary behaviour, we identified a significant association of being sedentary with higher occupational PA, education level equivalent to primary level and higher depression. Conclusion: This study demonstrated that modified factors influence PA behavior and sedentary behavior instead of clinical aspects. Future strategies should consider these factors

when designing interventions aiming at increasing PA levels of patients with chronic LBP.