



Physical Literacy Interventions in chronic disease patients



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1. Introduction

Concept of Physical literacy

Literature: Assessment tool / Interventions

- Childrens : in a school environment
- Adults : Physically inactive

Adults with chronic diseases?

- PL in the context of health not well established (Cornish & al., 2020)



2. Objective

To explore the effects of a PL intervention (including assessment and counselling session) for an adult population with chronic diseases.

- Will the intervention have an impact on the PL score?
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3. Methods: Organisation

Consultation with a PA specialist in a medical center

PHD Student, Master in PE, motivationnal interviewing and APA qualification

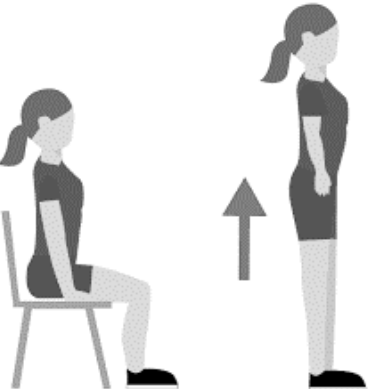
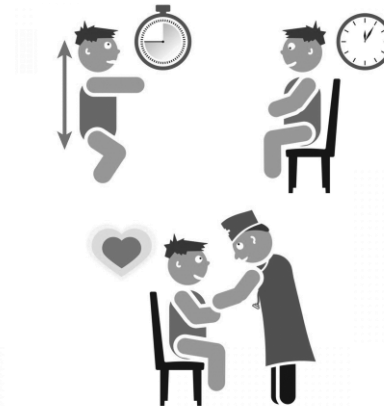
Partnership with 3 medical centers in the Liege Province of Belgium



3. Methods: PL Assessment Tool



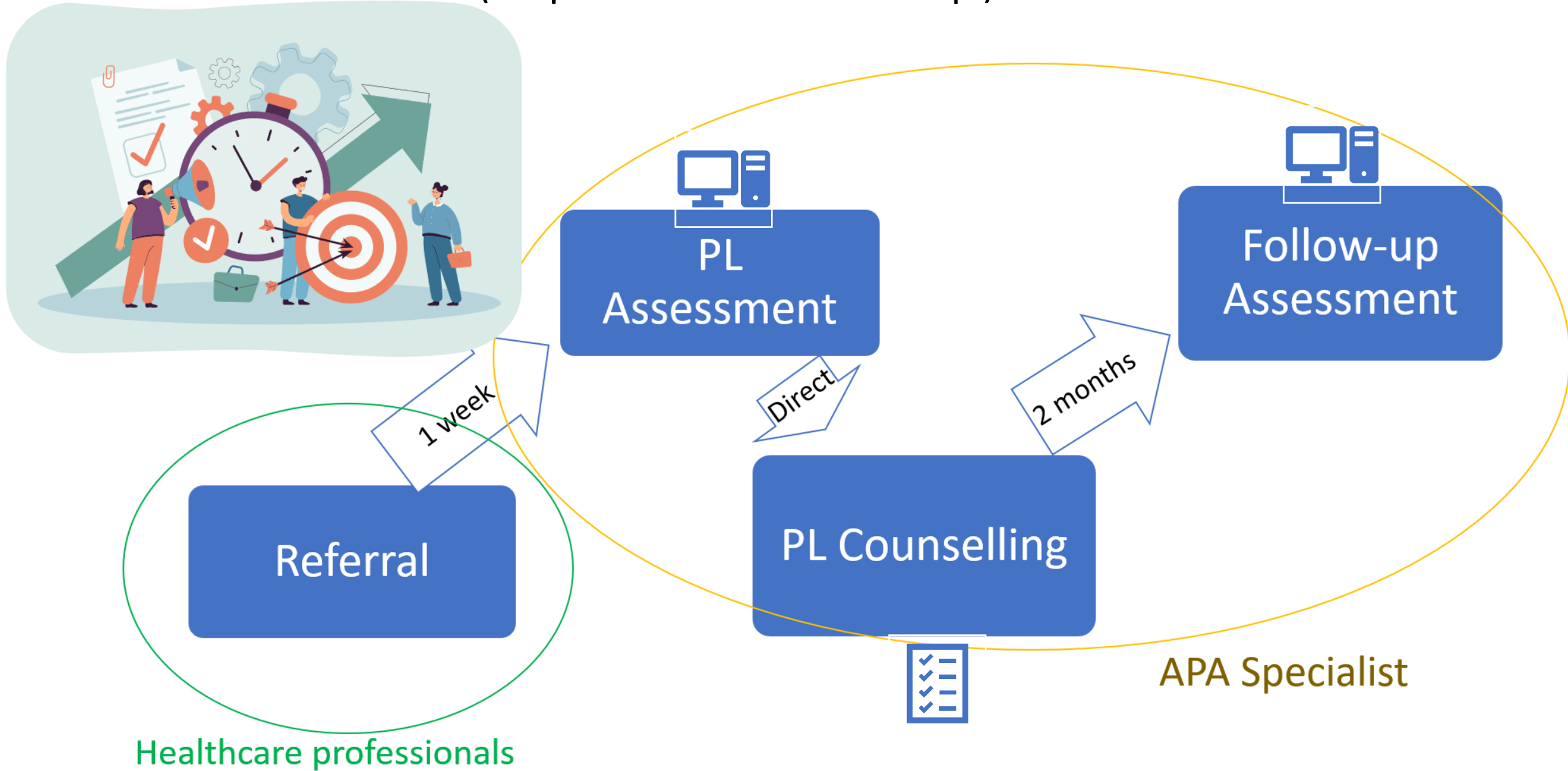
40 items questionnaire
(5 or 7 point-Likert-type-scale)
+ 4 physical tests



Aggregate PL score /100 (/25 per domains)

@Australian Sports Commission

Timeline (Experimental Group)



3. Methods: Support for the PA Specialist

II. DIMENSION PSYCHOLOGIQUE

Quel lien affectif avez-vous avec l'activité physique et le mouvement ?

A. Motivation à être physiquement actif

Motivation a faire de l'activité physique	Pas vrai du tout	Moyennement vrai	Tout à fait vrai
J'ai honte quand je ne bouge pas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Je bouge parce que les autres estiment que je dois le faire	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Je fais de l'activité physique, je bouge, parce que je trouve ça agréable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Être quelqu'un de physiquement actif correspond bien à ma personnalité	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Je trouve que l'activité physique est une perte de temps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
J'estime qu'il est important de pratiquer une activité physique régulière	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Enregistrer



PL program adhesion promoted by doctors or physiotherapists of the medical center



Computerized intervention



List of APA/Outdoor equipment around the medical center

3. Methods: PL Counselling



Feedback of the results



Discussion regarding PA



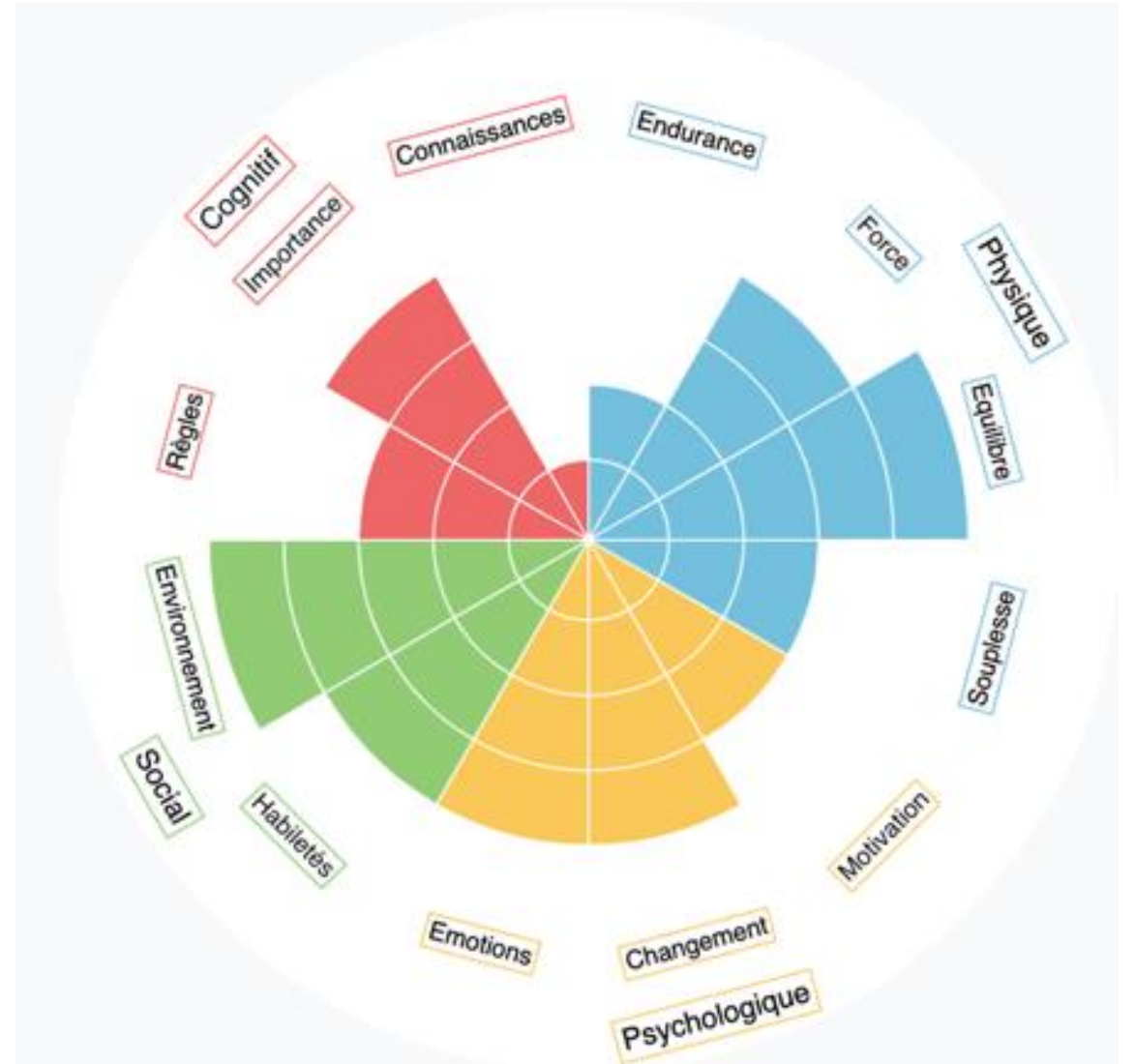
Link with community PA



Motivational interviewing technique



Setting of SMART individual goals



4. Results (mean values)

PL Dimension v	T 0			T + 2 months		
	GC (n=20)	GE (n=44)	P-Value	GC (n=20)	GE (n=44)	P-Value
Psycho	78,62	70,52	0,1	78,99	72,09	0,11
Social	74,34	74,91	0,78	75,2	77,45	0,78
Cognitive	59,19	69,68	0,01	59,53	73,93	>0,001
Physical	64,11	52,53	0,03	64,56	54,34	0,02
PL Total Score	69,07	66,91	0,59	69,57	69,46	0,6

5. Discussion and Future Directions

- Control group numbers
- Increase follow-up duration
- Communication with healthcare professionals and stakeholders
- Integration of LP into other health context



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en mouvement
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Thank you for your attention

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