



What do we know about brief interventions to increase physical activity? A systematic review of reviews

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Background

- ❖ Low levels of physical activity (PA) are associated with significant disease burden (1)
- ❖ Primary care providers have access to large proportion of public BUT have time constraints
- ❖ PA interventions may be easier to integrate into routine primary care if they were brief
- ❖ Recent policy initiatives and guidance encourage use of brief interventions
- ❖ But, NO agreed definition of a brief intervention

1 – Lee, I., Shiroma, E. J., et al. (2012). “Effect of physical inactivity on major non-communicable diseases worldwide: an analysis of burden of disease and life expectancy.” The Lancet 380 (9838): 219-229.



Objectives

What do we know about brief interventions (BIs) to increase PA that could be delivered in a primary care setting?

- ❖ How are BIs defined?
- ❖ Do BIs increase physical activity levels, and compared to what?
- ❖ Which factors influence their effectiveness?
- ❖ Who are they effective for?
- ❖ Are they feasible and acceptable?



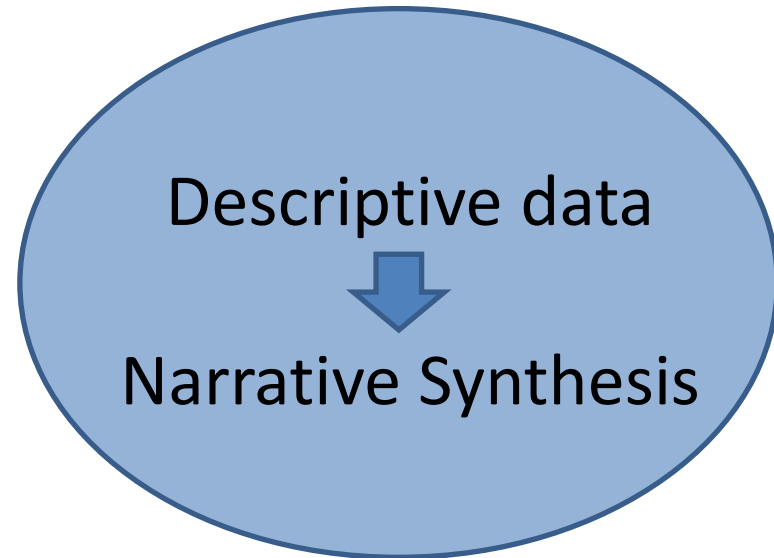
Standard systematic review methodology

Criteria

- ❖ PA interventions only
- ❖ Systematic review/Meta-analysis
- ❖ Adults, no PA rehabilitation
- ❖ PA outcome
- ❖ Individual level
- ❖ Findings/Discussion of BIs

Data extraction

- ❖ Double checked

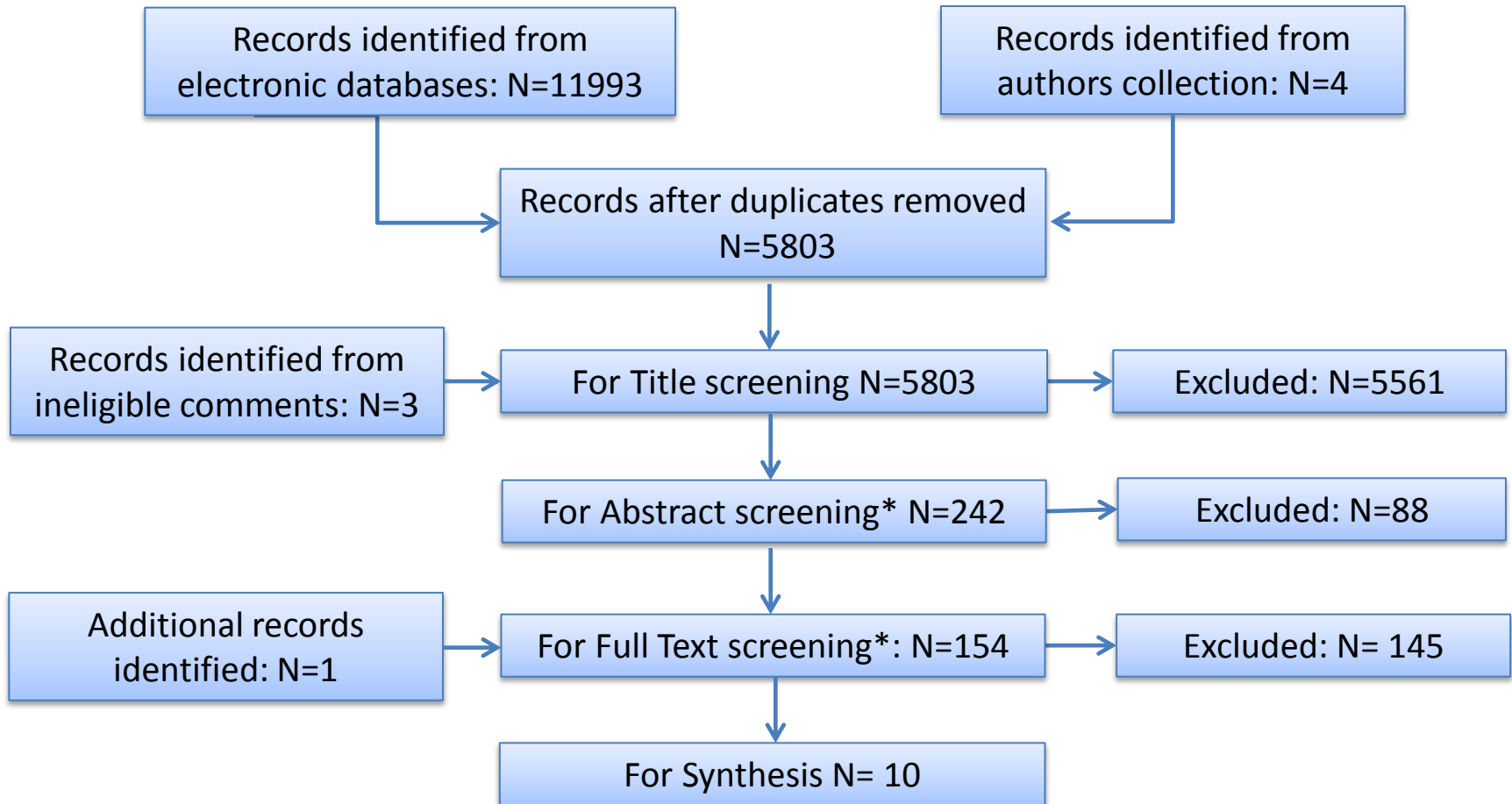


Results





Study selection



* Double screened



1. Definitions of brief interventions

- ❖ 3/10 reviews gave definitions of BIs
- ❖ Agreed that BIs, at their most minimal, could include advice, verbal or otherwise, of a short duration
- ❖ One review specified a maximum duration (30 minutes), and two included interventions of up to 30 or 40 minutes



2. Effectiveness of brief interventions

- ❖ Reviews support the effectiveness of BIs on self-reported physical activity in the short-term (6 weeks-12 months)
- ❖ Lack of evidence/support for their effectiveness in the long term and their impact on objectively measured physical activity



3. Factors that impact on the effectiveness of brief interventions

- ❖ Reviews support the use of high quality supplementary written materials

- ❖ Lack of/inconclusive evidence for the impact of duration, type of provider, setting and theoretical basis



4. Population characteristics

- ❖ Inconclusive and limited evidence for the impact of targeting BIs at participants on the basis of various characteristics, e.g.:
 - Age
 - Gender
 - Current activity level
 - Health status
 - Socio-economic status



5. Feasibility and acceptability of brief interventions

Reviews report that the following factors can impact feasibility and acceptability of BIs for patients and practitioners:

- ❖ practitioner
- ❖ patient
- ❖ intervention content
- ❖ structural factors (e.g. time constraints)



Key Conclusions

- ❖ 2/3 of the reported definitions of BIs include interventions too long for routine primary care consultations
- ❖ Future research should develop and evaluate very brief interventions (VBIs) that could fit into a routine primary care consultation
- ❖ More evidence is needed about the long-term effectiveness of BIs for objectively measured and self-reported physical activity



Thanks & Questions?

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VBI webpage: <http://tiny.cc/VBIprog>

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