

Abstract

Title: Kinesiophobia, her predictors and consequences in selected chronic diseases - theoretical review

Objectives: To review the issue of the occurrence of kinesophobia in various chronic diseases and to identify its predictors.

Methods: The diploma thesis was prepared in the form of a literature search using electronic resources of the National Medical Library, the Central Physical Education Library and professional databases Pubmed, EBSCO, SCORPUS, Medline, Web of Science. The first half of the work summarized all the theoretical background and knowledge of kinesophobia and selected chronic diseases. The second half was focused on the processing of the issue of kinesophobia in selected chronic diseases and on the mapping of their predictors.

Results: Based on the processing of available resources dealing with the issue of kinesophobia in selected chronic diseases, a comprehensive overview was created. In patients with chronic low back pain, high levels of kinesophobia were most often associated with chronic pain, functional impairment associated with the disease, obesity, low levels of education, and emotional states (anxiety, depression). In coronary heart disease, high levels of kinesophobia were associated with a lack of understanding of the need for physical activity, social support, negative beliefs and attitudes related to physical activity, hospitalization-related heart failure, the presence of anxiety, and low self-esteem. In patients with chronic obstructive pulmonary disease, kinesophobia is associated with perception of dyspnoea, severity of fatigue, and multisystem comorbidities. The onset of kinesophobia in multiple sclerosis is most often associated with fatigue, depression and anxiety. In patients after a stroke, it correlates with advanced age, disease duration, fear of falling and degree of disability. In Parkinson's disease, kinesophobia is linked to the fear of falling and freezing.

Key words: fear of movement, physical activity, chronic lumbar spine pain, ischemic heart disease, chronic obstructive pulmonary disease, multiple sclerosis, Parkinson's disease