

Abstract

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Title: Barriers and facilitators of physical activity in bariatrics

Objectives: The primary objective of this thesis was to conduct a systematic review of the available literature in order to identify barriers and facilitators influencing physical activity among bariatric patients.

Methods: The master's thesis was conducted as a systematic review utilizing thematic analysis. Its protocol was registered in the PROSPERO database. The literature search was performed across four databases (PubMed, Web of Science, EBSCO, Scopus). The study selection process was reported according to PRISMA guidelines and proceeded through three predetermined phases: screening based on title, abstract review, and detailed full-text evaluation. Subsequently, the selected studies underwent quality assessment using the CASP Checklist For Qualitative Research. For data extraction, inductive coding, and generation of themes identifying barriers and facilitators across included studies, Thomas and Harden's method of thematic analysis was employed.

Results: Based on the analysis of 15 included studies, 4 principal thematic categories of barriers and facilitators to physical activity were identified: internal psychological, internal physical, external social, and external environmental. The most frequently reported barriers were those classified as internal physical, particularly those related to physical limitations and pain, which were documented in 14 publications. Among the facilitators, the most prevalent were factors corresponding to the internal psychological thematic category identified in 10 publications (of the 12 investigating facilitators), with the most frequently cited subthemes being behavioral strategies and positive associations with physical activity. These findings underscore the pivotal role of physical and psychosocial determinants in the process of adapting to physical activity among bariatric patients and highlight the necessity for comprehensive interventions targeting both individual and social levels.

Key words: bariatric surgery, bariatric patient, exercise, movement, determinants, obesity