

Abstract:

Thesis title: Kinesiophobia in patients on renal dialysis therapy – questionnaire study.

The aims of the thesis: To characterise the term kinesiophobia and to evaluate the dependence of the measure of fear of movement on sociodemographic and clinical variables with the use of the Tampa Scale for Kinesiophobia questionnaire (TSK-CZ) in a group of respondents on renal dialysis therapy and a group of healthy respondents.

Methods: To determine the dependence of the measure of kinesiophobia on selected variables, the TSK-CZ questionnaire was used in Fresenius Medical Care dialysis centres across towns in the Czech Republic. The reference group of individuals with no renal disease – healthy respondents – was addressed by means of the Survio.cz website. The research comprised a group of respondents on renal dialysis therapy (n = 135) and a group of healthy respondents (n = 135). The collected data was processed using statistical methods – descriptive statistics and data analysis (t-test, Chi-squared test, ANOVA, Spearman's correlation coefficient). After that, the data was transferred to tables and charts and was evaluated.

Results: On the basis of the TSK-CZ questionnaire, a significant difference in the measure of fear of movement was found between the respondents on renal dialysis and the healthy ones ($p < 0,0001$) with the patients on renal dialysis ($44,24 \pm 9,07$) showing greater fear of movement than the healthy ones ($34,43 \pm 6,65$). Education was a significant variable. It was proved that people with lower education feared movement more than people with higher education did. This dependence was found within both the group of the respondents on dialysis therapy ($p = 0,0002$) and the group of the healthy ones ($p = 0,0043$). The largest difference was found between the patients on renal dialysis with primary education ($47,71 \pm 6,42$) and the patients on renal dialysis with tertiary education ($33,17 \pm 9,41$). Another significant variable was employment. It was shown that patients on renal dialysis who had a job ($38,57 \pm 10,73$) feared movement less than the patients on renal dialysis who were unemployed ($44,90 \pm 8,67$) ($p = 0,0129$). This result was registered also within the group of healthy respondents ($p = 0,0009$).

Key words:

Fear of movement, chronic renal disease, dialysis, TSK, physical activity.