

4.01 A survey of providers' perceptions of behaviour change interventions for physical activity in people with chronic respiratory disease

Ciara Hanrahan¹, Joseph G McVeigh¹, Thierry Troosters², Terence M O'Connor^{1,3}, Julie Broderick⁴
¹University College Cork, Cork, Ireland. ²KU Leuven, Leuven, Belgium. ³Mercy University Hospital, Cork, Ireland. ⁴Trinity College Dublin, Dublin, Ireland

Background: Physical activity (PA) in chronic respiratory disease (CRD) may be influenced by behaviour change interventions. The aim of this study was to explore providers perceptions of behaviour change interventions for PA in people with CRD in the Republic of Ireland. **Methods:** Between November 2023 and April 2024, a cross-sectional, anonymous, survey was distributed online (via Qualtrics) to providers of PA programmes (n=150) via relevant gatekeepers and social media. Findings were described and summarized using frequencies, percentages and means. **Results:** One hundred and seven surveys were completed (n=107/150, 71.33% response rate). Most respondents reported that they incorporate behaviour change interventions into PA programmes for CRD (n=93/106, 87.74%). Interventions perceived as most effective (i.e. very effective, somewhat effective) were encouragement (n=81/84, 96.43%), education (n=80/84, 95.24%) and goal-setting (79/84, 94.05%) with incentivisation perceived as least effective (n=35/84, 41.66%). Less than half of respondents (44.91%; n= 53/118) have received training regarding behaviour change interventions for PA. **Conclusion:** In the Republic of Ireland, behaviour change interventions such as encouragement, education and goal-setting are perceived to effectively influence behaviour by providers of PA programmes for people with CRD. Future research to address providers training is required. **Key words:** physical activity, behaviour change interventions **Conflict of Interest:** The authors declare that they have no conflict of interest