INTERPLAY BETWEEN MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY AND DEPRESSION: LONGITUDINAL DYADIC RESEARCH IN THE CONTEXT OF CHRONIC ILLNESS

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Funding: this study was supported by grant 2014/15/B/HS6/00923 from National Science Centre, Poland and grant BST/Wroc/2018/B/11 from Ministry of Science and Higher Education, Poland

DIMENSIONAL ANALYSIS

Depression in patients (T1) → MVPA in partners (T2)

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Most frequently, patients were diagnosed with a cardiovascular diseases (27%) or diabetes (11%).

Relationship between depression and moderate-to-vigorous physical activity (MVPA) in patient-partner dyads

MODEL DATA FIT: χ²(31) = 86.75, p < .001; χ²/df= 2.80; GFI = .942; NFI = .899; TLI = .850; CFI = .930; RMSEA = .087 (90% CI:.066,.109)

Variables | b   | SE  | p        |
-----------|-----|-----|----------|
MVPA in patients (T1) → MVPA in partners (T2) | -0.19 | 0.06 | <.001 |
Depression in patients (T1) → Depression in partners (T2) | 0.08 | 0.04 | .046 |
Depression in patients (T1) → MVPA in partners (T2) | -3.32 | 0.88 | <.001 |

CONCLUSIONS

1. This study provided evidence for the order of associations between depression and MVPA in a dyadic context: patients’ depression predicts partners’ depression and partners’ MVPA.
2. Patients’ depression (T1) predicted a higher level of partners’ depression (T2).
3. Patients’ MVPA and depression (T1) predicted a lower level of partners’ MVPA (T2).
4. The results may indicate that interventions aiming at MVPA change in patients and their partners should focus on MVPA and depression symptoms of patients.
5. Accounting for the role of depression may increase the efficiency of MVPA-promoting interventions for patients with chronic diseases and for their partners.