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**ON HEALTHY AGEING**

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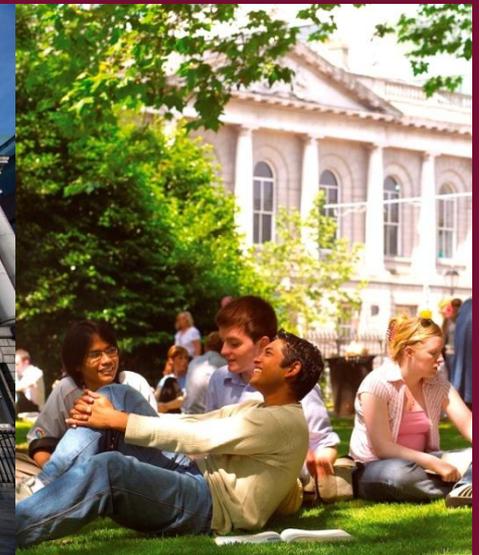
World Health  
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Royal College of Surgeons in Ireland  
*Coláiste Ríoga na Máinleá in Éirinn*



**The relationship of self-perceptions of ageing to physical activity in older adults: Findings from The Irish Longitudinal Study on Ageing (TILDA)**

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# Physical Activity



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- Benefits of physical activity increasingly documented
- Lack of physical activity is a risk factor for heart disease
- Less active people have a 30-50% greater risk of developing high blood pressure
- Only 33% of Irish adults get enough exercise to achieve cardiovascular results
- Even low-to-moderate intensity activities can bring benefits



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# Personal Barriers to Physical Activity



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- **Poor health** (Bird et al, 2009; Jancey et al, 2009; Chaudhury, 2010)
- **Independence** (Price et al 2011)
- **Adverse environment** (Grossman et al, ,2003, Fuller et al, 2010)
- **Ageing** (O'Brien Cousins, 2000; Grossman et al 2003; Jancey et al, 2009)
- **Psychological factors** (Wurm et al 2010)
  - Individual beliefs about ageing and self-efficacy



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# Study Aims



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- To assess whether ageing self-perceptions are associated with physical activity in older adults in the Republic of Ireland, using data from the 1<sup>st</sup> Wave of the Irish Longitudinal Study on Ageing (TILDA)



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# The Irish Longitudinal Study on Ageing (TILDA)



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- National study of community-dwelling Irish adults in urban and rural areas in the Republic of Ireland.
- Comparable with major longitudinal studies (ELSA, HRS, SHARE, etc)
- Large, representative sample of ~8,000 aged 50+
- Broad range domains covered
- First wave 2010



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# Study Sample



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- Present study sample
  - (N = 5,539)
- Age profile
  - 50 – 64 = 60%
  - 65 – 74 = 26%
  - $\geq 75$  = 14%
- Gender profile
  - 48% men



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# Measures: Ageing Perceptions Questionnaire (APQ)



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- Ageing self-perceptions: Ageing Perceptions Questionnaire (APQ) Barker et al (2007)
- Based on Self-Regulation Model (SRM) (Leventhal et al, 1980)
  - How does ageing impact the individual?
  - Like other stressors, places demands on individual resources for adaptation and coping
  - Beliefs about ageing are formed in response to these demands



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# Domains and scoring on the APQ



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<b>Domains (and number of questions)</b>	<b>Domain Description</b>	<b>Likert Scale Scoring (higher scores indicate greater endorsement)</b>
Timeline-chronic (5)	Beliefs about awareness of ageing and variation in experience of the process over time.	1 – 5
Timeline-cyclical (5)		1 – 5
Consequences-negative (5)	Beliefs about the positive and negative impacts of ageing on one's life.	1 – 5
Consequences-positive (3)		1 – 5
Control-negative (4)	Beliefs about one's power over both the positive and negative aspects of ageing.	5 – 1 (reverse-scored)
Control-positive (5)		1 – 5
Emotional-representation (5)	Emotional responses to ageing	1 – 5



# Measures: International Physical Activity Questionnaire (IPAQ): Short Form



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- Physical activity - The International Physical Activity Questionnaire (IPAQ) – Short Form
- A standardised measure which estimating habitual practice of physical activities.
- 8 items estimating the time spent performing physical activities (from walking to moderate and vigorous exercise) and inactivity (time spent sitting)
- Categories: low, moderate or high levels of physical activity.



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# Results: Levels of Physical Activity & Beliefs About Ageing



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IPAQ Categories	Timeline Acute / Cyclical		Consequences Positive / Negative		Control Positive / Negative		Emotional Representation
Low	2.73	2.76	3.77	2.99	3.95	3.08	2.35
Moderate	2.57	2.67	3.82	2.80	3.98	3.23	2.26
High	2.53	2.56	3.82	2.70	3.99	3.33	2.18



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# Results: Relationship of Levels of Activity to APQ Domains



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APQ Domains	$\beta$ (SE)	P-value	Lower CI (95%)	Upper CI (95%)
Timeline-acute/chronic	-0.19768 (.0291073)	0.000	-.2547341	-.1406355
Timeline-cyclical	-0.21483 (.0298364)	0.000	-.2733126	-.1563561
Consequences-positive	0.08440 (.0362547)	0.020	.0133461	.1554617
Consequences-negative	-0.30830 (.0299748)	0.000	-.3670542	-.2495551
Control-positive	0.09330 (.0434008)	0.032	.0082377	.1783657
Control-negative	0.28407 (.0309939)	0.000	.2233184	.3448121
Emotional-representation	-0.21373 (.150411)	0.000	-.2770493	-.150411



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# Discussion & Conclusions



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- Positive ageing perceptions associated with engagement in higher levels of physical activity
- Strongest association seen in the consequences and control domains
- Those who reported increased awareness or chronic awareness of ageing, as well as having a negative emotional response to getting older, were also less likely to engage in higher levels of physical activity
- Next step: look at causal pathways using longitudinal data



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- Further Information/copies of APQ measure: [karenmorgan@ pu-rcsi.edu.my](mailto:karenmorgan@pu-rcsi.edu.my)