

Individual Research Project Presentations Day 10th June 2024, Kent and Medway Medical School.

The effects of physical activity on life satisfaction amongst older adults with comorbidities: A Scoping Review

Student^a: Shreya D'Silva | **Supervisor(s)^b:** Dr Alistair Challiner

Abstract

Background: The average life expectancy is rising worldwide alongside the prevalence of comorbidities. Physical activity may be an important determinant of life satisfaction for older adults with comorbidities but many studies focus solely on its relationship with comorbidity. This scoping review aimed to explore the current depth of existing literature regarding the association between physical activity and life satisfaction amongst older adults with comorbidities and identify gaps in current knowledge that require further research.

Methods: A comprehensive search of literature published between 2013-2024 was performed using the electronic Ovid databases Medline, Embase and Psychinfo. The manual screening process identified 16 relevant publications, following the PRISMA-ScR (Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews) checklist.

Results: Six major themes were generated from the 16 studies using thematic analysis. The themes discussed were the interplay of physical activity and comorbidities; diverse modalities of physical activity; association with functional mobility; varied approaches in assessment; factors influencing exercise engagement and impact on health.

Conclusions: There is limited evidence focused explicitly on the effects of physical activity on life satisfaction amongst older adults with comorbidities. This scoping review provides a rationale for greater research in this area. Many older adults also do not meet recommendations for physical activity, which has repercussions on healthcare systems. Consequently, addressing barriers to exercise may prove an effective strategy to increase physical activity levels and in turn, ensure improved life satisfaction throughout aging.

Keywords: older adults | physical activity | life satisfaction | comorbidities |

^a 4th Year Medical Student, Kent and Medway Medical School, Canterbury, United Kingdom

^b Senior Lecturer, Kent and Medway Medical School, Canterbury, United Kingdom

Main contact email: malaikadsilva@outlook.com