

# INPLASY PROTOCOL

## The storytelling strategy to the promotion of physical activity: a systematic review of literature

To cite: Lagoa et al. The storytelling strategy to the promotion of physical activity: a systematic review of literature. Inplasy protocol 202150052. doi: 10.37766/inplasy2021.5.0052

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Received: 14 May 2021

Published: 15 May 2021

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**Support:** No financial support.

**Review Stage at time of this submission:** Preliminary searches.

**Conflicts of interest:**  
None declared.

**Review question / Objective:** The purpose of this systematic review is to examine what is known about the use of storytelling to promote the development of physical activity, and how storytelling has been studied to provide directions that future research might follow.

**Condition being studied:** The use of storytelling to develop physical activity.

**Eligibility criteria:** This systematic review will be conducted according to the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA; Moher et al. 2009). Specifically, empirical articles published in peer-reviewed international journals will be eligible for inclusion. Participants, interventions, comparators, outcomes, and study design (PICOS) will be defined as followed: (i) any person with no restrictions regarding sex, age, or physical condition; (ii) interventions focused on the promotion of physical activity through the use of storytelling; (iii) comparators not required (iv) demonstrated the use of storytelling; (v) no limitations according to the study design. Studies will be excluded if: (i) not published in peer-reviewed international journals; (ii) not focused on the promotion of physical activity; (iii) that do not show the use of storytelling; (v) not empirical studies (e.g., opinion articles, reviews, letters, and chapters in books).

**INPLASY registration number:** This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 15 May 2021 and was last updated on 15 May 2021 (registration number INPLASY202150052).

### INTRODUCTION

**Review question / Objective:** The purpose of this systematic review is to examine

what is known about the use of storytelling to promote the development of physical activity, and how storytelling has been

study to provide directions that future research might follow.

**Condition being studied:** The use of storytelling to develop physical activity.

## METHODS

**Participant or population:** Any person with no restrictions regarding sex, age, or physical condition.

**Intervention:** Interventions focused on the promotion of physical activity through the use of storytelling.

**Comparator:** Comparators are not required.

**Study designs to be included:** No limitations imposed on study design.

**Eligibility criteria:** This systematic review will be conducted according to the Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA; Moher et al. 2009). Specifically, empirical articles published in peer-reviewed international journals will be eligible for inclusion. Participants, interventions, comparators, outcomes, and study design (PICOS) will be defined as followed: (i) any person with no restrictions regarding sex, age, or physical condition; (ii) interventions focused on the promotion of physical activity through the use of storytelling; (iii) comparators not required (iv) demonstrated the use of storytelling; (v) no limitations according to the study design. Studies will be excluded if: (i) not published in peer-reviewed international journals; (ii) not focused on the promotion of physical activity; (iii) that do not show the use of storytelling; (v) not empirical studies (e.g., opinion articles, reviews, letters, and chapters in books).

**Information sources:** An automated search in the following six electronic databases will be performed: Scopus, Web of Science, PubMed, Academic Search Complete, SPORTDiscus, and ERIC. Boolean operators to search in the article title, keywords and abstract: (“storytelling”) AND (“sport” or “physical education” or

“physical activity”). This search will be conducted by four researchers and any disagreements about inclusion will be discussed with the other three authors until agreement reached. In addition, a manual search in studies’ references will also be completed to find other articles that follow the eligibility criteria. In addition, expert on these areas of research (storytelling, physical activity, and motor development) will be contacted so they can suggest other articles if necessary.

**Main outcome(s):** The promotion of physical activity through the use of storytelling.

**Quality assessment / Risk of bias analysis:** In order to assess the methodologic quality of studies gathered to this review, the Mixed Methods Appraisal Tool (Hong, Q. N., Fàbregues, S., Bartlett, G., Boardman, F., Cargo, M., Dagenais, P., Pluye, P. (2018). The Mixed Methods Appraisal Tool (MMAT) version 2018 for information professionals and researchers. *Education for Information*, 34, 285-291. doi:10.3233/EFI-180221) will be applied.

**Strategy of data synthesis:** The initial searching of databases will be exported to reference manager software (EndNote™ X9, Clarivate Analytics, Philadelphia, PA, USA) and duplicates will be then removed. Articles will then be then screened (title, abstract, keywords and full article if necessary) and removed according to the eligibility criteria. Data synthesis will be performed according to a framework created a priori, which included: (i) study focus, (ii) study design, (iii) participants and context, (iv) data collection, (v) data analysis, and (vi) results. Two authors will perform this data extraction and any disagreements will be discussed and resolved by all authors until agreement reached.

**Subgroup analysis:** In case of sufficient participants, some subgroup analysis can be done.

**Sensitivity analysis:** Articles will not be excluded based on low scores, which will

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only be used to weight confidence in each outcome during synthesis.

**Country(ies) involved:** Portugal.

**Keywords:** Storytelling, physical activity, physical education.

**Contributions of each author:**

**Author 1 - Maria João Lagoa.**

**Author 2 - Rui Araújo.**

**Author 3 - Inês Brito.**

**Author 4 - Sara Ribeiro.**

**Author 5 - Manuel Gomes.**

**Author 6 - Patrícia Soares.**

**Author 7 - João Luís Viana.**