

INPLASY PROTOCOL

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submission:** Completed but
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Conflicts of interest:
None declared.

INTRODUCTION

Review question / Objective: The purpose of this systematic review is to update knowledge about the perceived barriers of PA participation in institutionalized individuals with ID.

Perceived barriers of physical activity participation in institutionalized individuals with Intellectual Disability – a systematic review

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Review question / Objective: The purpose of this systematic review is to update knowledge about the perceived barriers of PA participation in institutionalized individuals with ID.

Condition being studied: Individuals with Intellectual Disability (ID) tend to have a sedentary lifestyle, with low physical fitness and an increased risk of chronic diseases, such as type II diabetes, hypertension, cholesterol and metabolic syndrome. One reason for the prevalence of a more sedentary lifestyle is the ex-istence of barriers for the participation in physical activity (PA). The purpose of this systematic review is to update knowledge about the perceived barriers of PA participation in institutionalized individuals with ID.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 24 October 2021 and was last updated on 24 October 2021 (registration number INPLASY2021100092).

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istence of barriers for the participation in physical activity (PA). The purpose of this systematic review is to update knowledge about the perceived barriers of PA participation in institutionalized individuals with ID.

METHODS

Participant or population: Intellectual disability (ID) is characterized by a deficit in intellectual and adaptive functioning in the conceptual, social and practical domain, being identified with the deep, severe, moderate and mild degrees, developing before the 18 years old.

Intervention: Corresponded to the perceived barriers of physical activity.

Comparator: Don't corresponded intervention study; corresponded to the comparison between groups or different stakeholders.

Study designs to be included: Any full-text scientific publication in a peer-reviewed journal.

Eligibility criteria: To be included in the present systematic review, studies had to meet the following criteria: i) full text scientific publication in English language; ii) no restrictions regarding race or ethnicity; iii) studies with any age group or gender; iv) studies without restrictions on the number of participants; v) studies that described the assessment instruments used; vi) studies that clearly and objectively present the results related to the impact of potential barriers to PA participation in individuals with intellectual disability. The major exclusion criteria used in the study were the following: i) review articles, comments, thesis or abstracts published in minutes of congresses or conferences; ii) individuals with pathologies other than ID and DS, such as, for example, autism, motor disabilities, hypertension, among others; iii) studies with athletes registered in sport federation.

Information sources: The electronic search for articles was carried out from

September 2020 to the 2213th of May October 2021, using the following databases: Pubmed (all fields), SPORTDiscus, Web of Science and Scopus (article title, abstract and keywords).

Main outcome(s): After screening the titles and the abstracts, articles were selected by reading the full texts and checking the inclusion and exclusion criteria for each study. Results: the methodological The-process five studies were included for analysis final number of studies selected to be included in the systematic review were five. These studies revealed the existence of several perceived barriers to regular PA participation, which were grouped into five main groups: personal (6 topics), family (4 topics), social (13 topics), financial (1 topic) and environmental (1 topic). Conclusions: The knowledge and identification of participation barriers can be of extreme importance both to institutions and professionals aiming to enhance the participation of individuals with ID in regular PA programs. The development of methods and strategies to mitigate and/or eliminate such barriers should be taken into account in future studies.

Quality assessment / Risk of bias analysis: The Downs and Black Scale [21](1998) was used to assess the methodological quality of studies. This scale consists of 27 items, punctuated with "one value" or "zero", characterizing the different parts of an article. The methodological quality of studies was independently assessed by two researchers (MJ and DP). The results obtained by both were compared and discussed, so that a consensus was reached. When consensus was not possible, a third researcher was invited to collaborate (AV). The scale's scoring intervals received corresponding levels of quality: excellent (26-28); good (20-25); fair (15-19); and poor (≤ 14).

Strategy of data synthesis: The main reviewer (MJ) identified the relevant information about each one of the studies and organized it in summary tables by: authorship, year of publication, country (origin of the research team), objectives,

participants, type of study, evaluation techniques, main re-sults/conclusions and quality of information index (see table 1 and 2). After reading the full text of the studies, and according to the eligibility criteria previously defined, the study sample was constituted by five studies.

Subgroup analysis: Not applicable.

Sensitivity analysis: Not applicable.

Country(ies) involved: Portugal.

Keywords: Barriers; Intellectual Disability; Interview; Physical activity; Sedentary lifestyle.

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