

# INPLASY

## The relationship between physical activity and appetite among older adults – A scoping review

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### ADMINISTRATIVE INFORMATION

**Support** - Swedish Research Council.

**Review Stage at time of this submission** - Formal screening of search results.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202410118

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 28 January 2024 and was last updated on 28 January 2024.

### INTRODUCTION

**Review question / Objective** To examine the literature to explore the influence of physical activity on appetite among older adults. Additionally, this review aims to identify research gaps and offer potential directions for future investigations within this area.

**Condition being studied** The relationship between physical activity and appetite among older adults.

### METHODS

**Search strategy** This scoping review is structured in accordance to the groundwork by Levac et al. and Arksey and O'Malley using three search blocks: appetite, older adults and physical activity. PubMed, Web of Science and Cinahl were used

during the search. All references were and are managed using the bibliographic software Rayyan.ai and Zotero. The screening process were and are conducted by two authors independently.

**Participant or population** Older adults 60 years or over with no severe diseases.

**Intervention** Exercise interventions that investigate appetite among older adults.

**Comparator** No exercise/other form of exercise.

**Study designs to be included** Observational studies and interventions will be included. No reviews or study protocols.

**Eligibility criteria** English language; human studies; target population  $\geq 60$  years with no severe

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diseases; aspects about appetite and physical activity; original articles.

**Information sources** Electronic databases.

**Main outcome(s)** Appetite.

**Data management** Using the programs Rayyan.ai and Zotero.

**Quality assessment / Risk of bias analysis** PRISMA flow diagram is being used.

**Strategy of data synthesis** Data will be analyzed in a systematic way.

**Subgroup analysis** Not relevant at this point.

**Sensitivity analysis** Not relevant at this point.

**Language restriction** Limited to English language.

**Country(ies) involved** The study is conducted in Sweden. One of the co-authors is affiliated to Hospital Center University de Toulouse.

**Keywords** Appetite; physical activity; exercise; older adults.

#### **Contributions of each author**

Author 1 - Annelie Turesson - Author 1 drafted the manuscript.

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