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Global prevalence, trends, and correlates of sports participation among adults: a systematic review

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ADMINISTRATIVE INFORMATION

Support - None.

Review Stage at time of this submission - Piloting of the study selection process.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202460091

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 24 June 2024 and was last updated on 24 June 2024.

INTRODUCTION

Review question / Objective The research questions are: 1) What is the prevalence of sports participation among adults internationally? 2) What are the temporal trends of sports participation among adults internationally? 3) What are the correlates of sports participation among adults internationally? and 4) What is the prevalence of sports club membership among adults internationally? The aim of this systematic review is to determine the prevalence of sports participation, temporal trends of sports participation, correlates of sports participation, and prevalence of sports club membership among adults internationally.

Condition being studied Sports participation among adults is associated with significant health benefits. In addition, there are several

sociodemographic, lifestyle, health, and environmental factors affecting adults' sports participation. However, no reviews, to date, have determined the prevalence, trends, and correlates of sports participation as well as the prevalence of sports club membership among adults internationally.

METHODS

Search strategy The searches will include the following keywords and their variants: "sports participation", "play sports", "do sports", "engage in sports", "practice sports", and "sports club membership". These search terms will be combined with the keyword "adult*". Titles with these words will be excluded: "athlete", "performance", and "injury".

Participant or population Population-representative samples of adults. Studies conducted among other age groups and special populations will not be included.

Intervention None.

Comparator None.

Study designs to be included Quantitative observational (cross-sectional and longitudinal) studies.

Eligibility criteria Inclusion criteria: Quantitative observational (cross-sectional and longitudinal) studies published as peer-reviewed journal papers, theses, or reports and reporting sports participation in population-representative samples of adults will be included. As there is no consensus on the definition of sports participation, studies using different definitions of sports participation will be considered and synthesised separately.

Exclusion criteria: Studies on sports participation in other age groups, special populations (i.e., athletes, differently abled individuals, pregnant women), as well as studies using an intervention or qualitative designs and/or referring specifically to elite sports will be excluded. Studies covering specifically cycling for transport will be excluded. Reviews, meta-analyses, commentaries, replies, clinical guidelines, and book chapters will also be excluded.

Information sources The searches for relevant literature will be performed using the following electronic bibliographic databases: PsycInfo and SPORTDiscus (through EBSCOhost); PubMed; Scopus; Emerging Sources Citation Index, Science Citation Index Expanded, and Social Sciences Citation Index (through Web of Science); Networked Digital Library of Theses and Dissertations; and Open Access Theses and Dissertations.

Main outcome(s) The outcomes will include: 1) Prevalence of sports participation; 2) Trends in sports participation over time; 3) Correlates of sports participation; and 4) Prevalence of sports club membership among adults.

Quality assessment / Risk of bias analysis Newcastle-Ottawa Scale.

Strategy of data synthesis The data synthesis will be conducted as:

1) Prevalence of sports participation: country-level data will be presented using a map chart.

2) Trends of sports participation: findings of trends analyses from different studies will be narratively synthesised for each country and overall. If the data allow, a random effects meta-regression analysis will be conducted.

3) Correlates of sports participation: the pooled associations between sports participation and potential correlates will be classified as: a) mostly positive associations (60% – 100% of studies; denoted by '+'); b) mostly negative associations (60% – 100% of studies; denoted by '-'); or c) mostly non-significant, indeterminate, or inconsistent associations (denoted by '?').

4) Prevalence of sports club membership: country-level data will be presented using a map chart.

Subgroup analysis Subgroup analyses of the prevalence of sports participation will be conducted by world region and income group.

Sensitivity analysis Not applicable.

Country(ies) involved Australia, Belgium.

Keywords Systematic review; meta-analysis; sports participation; sports club; prevalence; trends; correlates.

Dissemination plans The review will be published in a peer-reviewed journal.

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