Definitions, measurement and prevalence of sedentary behaviour in adults with intellectual disabilities — A systematic review

Craig A. Melville a,*, Alyt Oplewal b, Liselotte Schäfer Elinder c, Ellen Freiberger d, Myriam Guerra-Balic e, Thessa I.M. Hilgenkamp b, Ingi Einarsdóttir f, Rocio H. Izquierdo-Gómez g, Oriol Sansano-Nadal e, Pauli Rintala h, Antonio Cuesta-Vargas i, Maria Giné-Garriga e

a Institute of Health and Wellbeing, University of Glasgow, UK
b Department of General Practice, Erasmus MC University Medical Center, Rotterdam, Netherlands
c Department of Public Health Sciences, Karolinska Institute, Sweden
d Institute for Biomedicine of Ageing, FAU Erlangen-Nürnberg, Germany
e Faculty of Psychology, Education and Sports Sciences, University Ramon Llull, Spain
f School of Science and Engineering, University of Reykjavík, Iceland
g Faculty of Educational Sciences, Universidad Central de Chile, Santiago, Chile
h Faculty of Sport and Health Sciences, University of Jyväskylä, Finland
i Department of Physiotherapy, University of Malaga, Spain

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A B S T R A C T
Supporting positive change in lifestyle behaviours is a priority in tackling the health inequalities experienced by adults with intellectual disabilities. In this systematic review, we examine the evidence on the definition, measurement and epidemiology of sedentary behaviour of adults with intellectual disabilities. A systematic literature search of PUBMED, EMBASE, MEDLINE and Google Scholar was performed to identify studies published from 1990 up to October 2015. Nineteen papers met the criteria for inclusion in the systematic review. Many researchers do not distinguish between insufficient physical activity and sedentary behaviour. None of the studies reported the reliability and validity of the methods used to measure sedentary behaviour. Sedentary time, assessed objectively, ranged from 522 to 643 min/day, higher than in adults without intellectual disabilities. This first-ever review of sedentary behaviour and intellectual disabilities found that at present the evidence base is weak. Studies calibrating accelerometer data with criterion measures for sedentary behaviour are needed to determine specific cut-off points to measure sedentary behaviour in adults with intellectual disabilities. Researchers should also examine the reliability and validity of using proxy-report questionnaires to measure sedentary behaviour in this group. A better understanding of sedentary behaviour will inform the design of novel interventions to change lifestyle behaviours of adults with intellectual disabilities.

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* Corresponding author at: Institute of Health and Wellbeing, College of Medical Veterinary and Life Sciences, University of Glasgow, Gartnavel Royal Hospital, 1055 Great Western Road, Glasgow G12 0XJ, UK.
E-mail address: Craig.Melville@glasgow.ac.uk (C.A. Melville).

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