

# UNVEILING BARRIERS AND FACILITATORS TO PHYSICAL ACTIVITY

## Exploring Physical Activity, Sedentary Behavior, and Health Outcomes among Occupational Drivers in Pakistan

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### Introduction



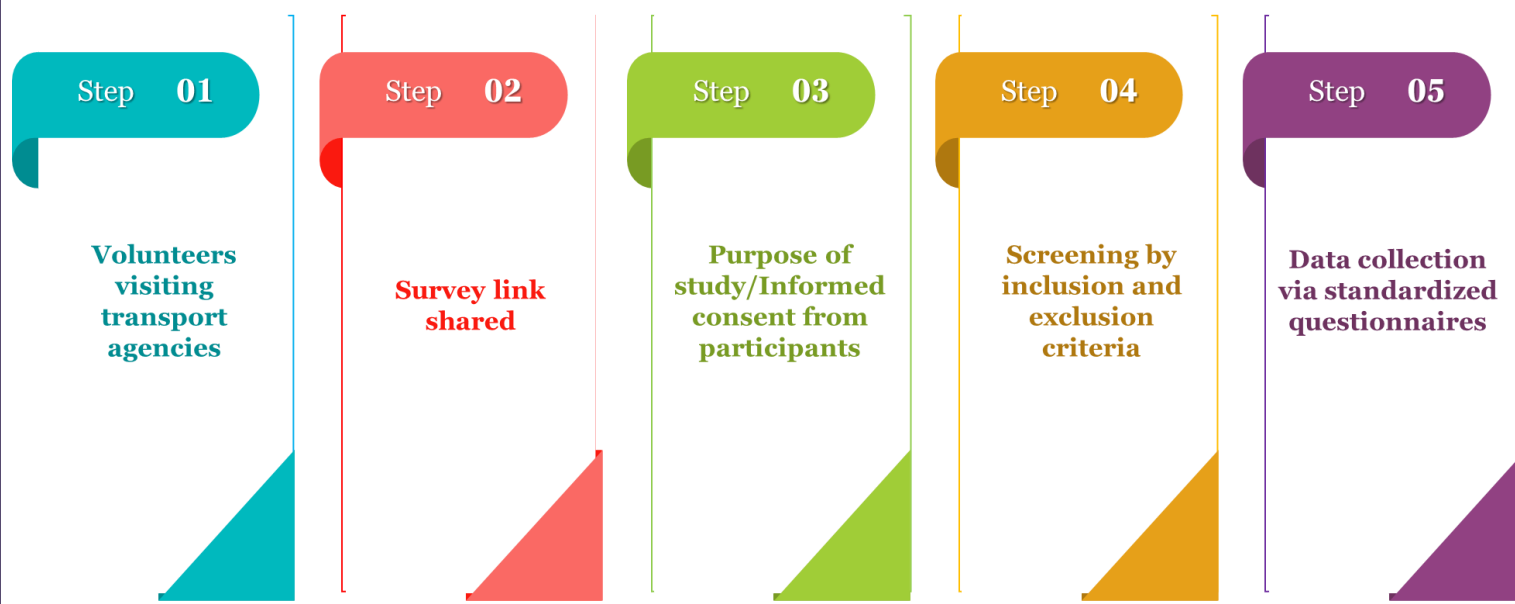
- Occupational drivers face challenges to perform regular physical activity due to many factors such as sedentary work environments, long hours driving, work-related stress, irregular schedules, and limited access to recreational facilities.
- Understanding barriers and facilitators to physical activity among occupational drivers is significant for targeted interventions to reduce health risks associated with sedentary behavior.

### Objectives

- To find out the underlying facilitators and barriers to performing physical activity
- To get insight into the sedentary behavior and level of physical activity
- MSDs and its association with physical activity level
- Psychological factors and its association with Physical activity level



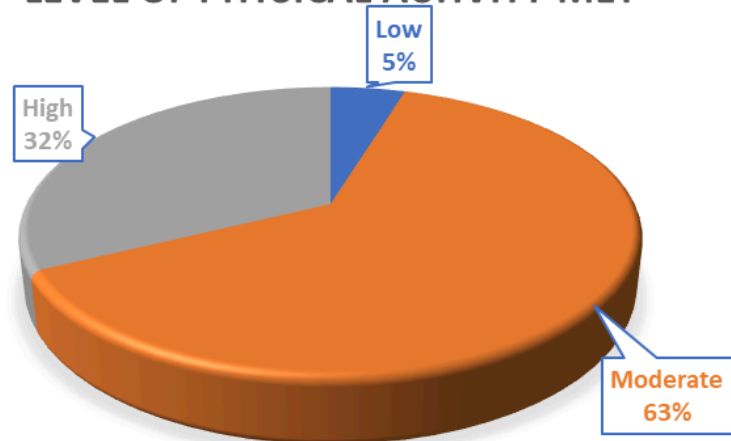
### Methodology



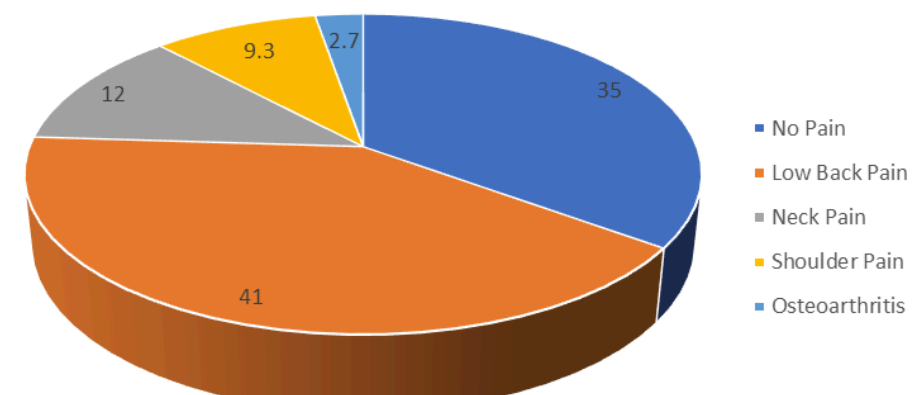
International Physical Activity Questionnaire (IPAQ)	Physical activity participation
Oswestry Disability Index (ODI)	Lumbar Pain
Neck Disability Index (NDI)	Neck Pain
Shoulder Pain and Disability Index (SPADI)	Shoulder Pain
Knee Injury and Osteoarthritis Outcome Score (KOOS)	Knee Pain
Barriers to Being Physically Active Quiz (BBAQ)	Barriers to physical activity
Physical Activity and Leisure Motivation Scale (PALMS)	Physical activity motivation
Depression Anxiety Stress Scale (DASS-21)	Depression, anxiety and stress

### Results

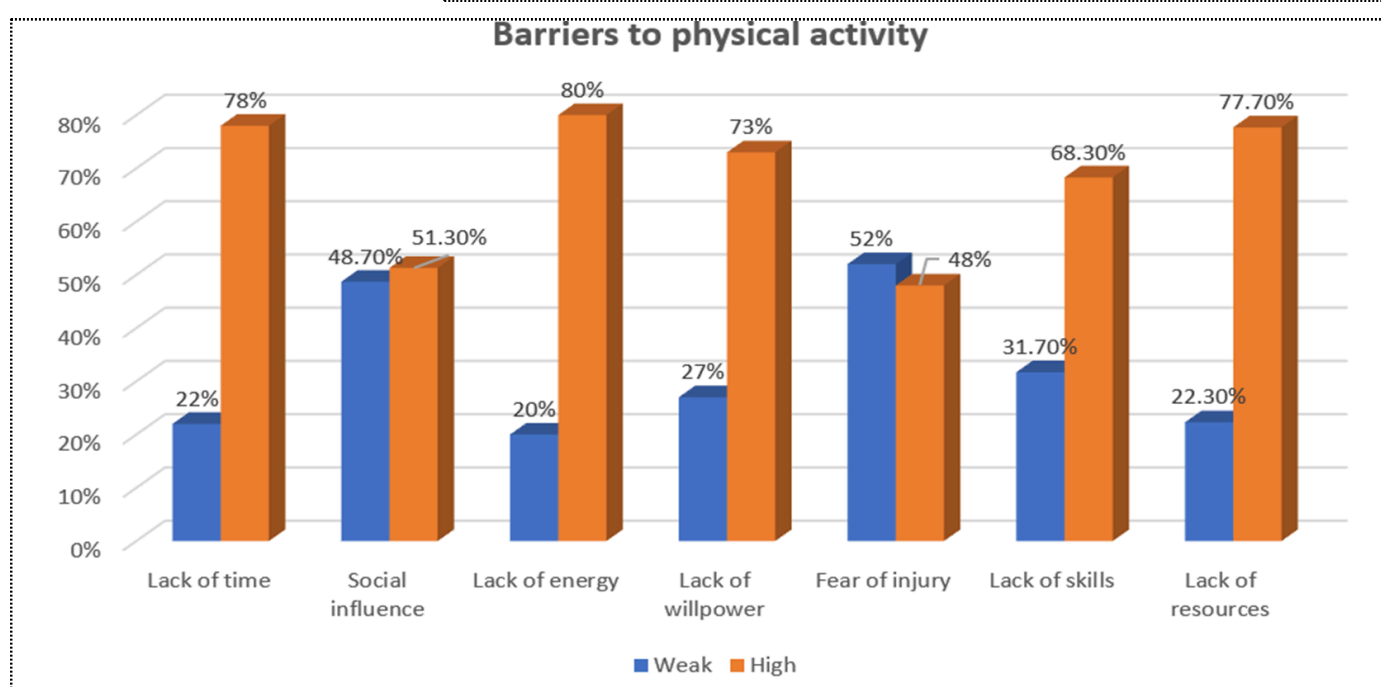
LEVEL OF PHYSICAL ACTIVITY MET



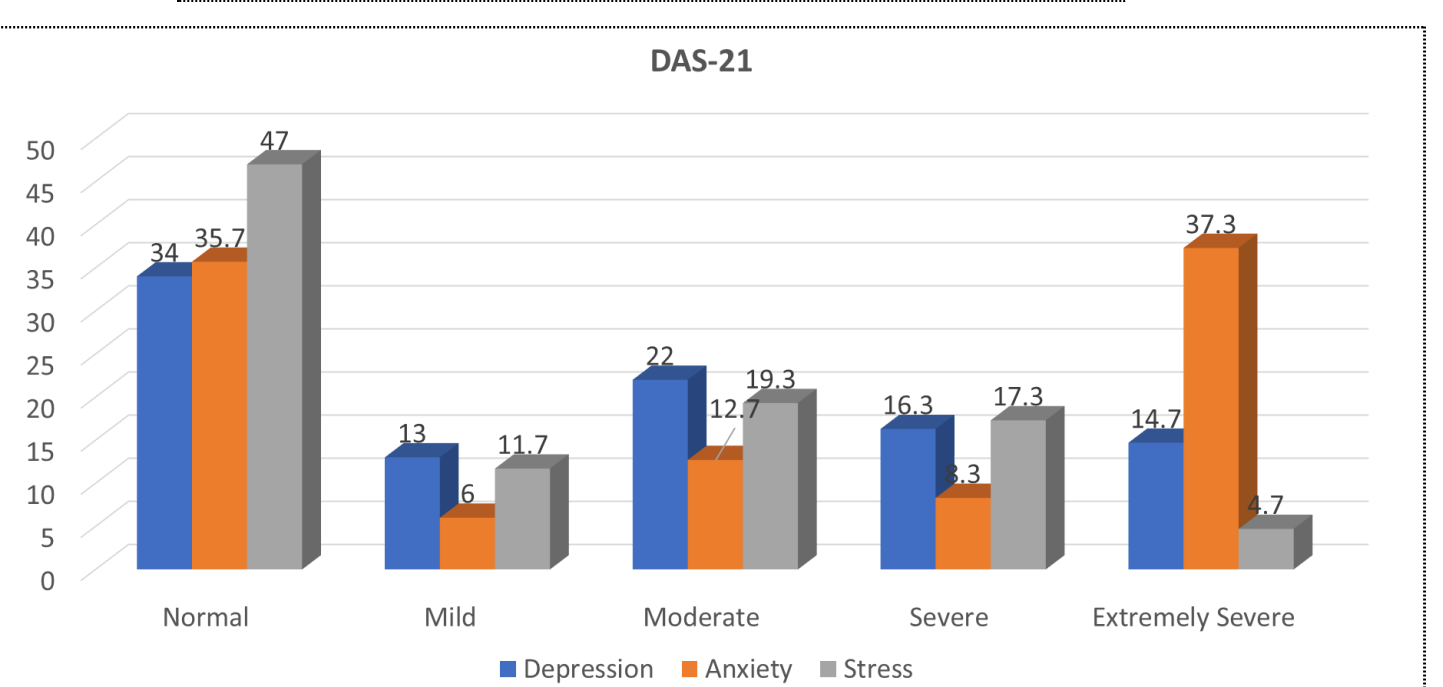
Musculoskeletal Disorders



Barriers to physical activity



DAS-21



### Conclusion

- A significant portion of participants engaged in vigorous and moderate physical activities
- Musculoskeletal pain was reported by 65% drivers, with the highest prevalence in the low back
- Key barriers to physical activity included lack of energy, time, and resources, with physical activity levels decreasing as perceived barriers increased.



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