

CZH/4/1091 - Too much sitting in extended bouts in stroke survivors: a qualitative study to inform novel interventions.

This project will be the first qualitative study of sedentary behaviours in stroke survivors. Stroke is the most common cause of adult disability and is the third most common cause of death in the UK. Sedentary behaviours are a distinct class of behaviours where sitting or lying is the dominant posture and energy expenditure is low – it is not simply a lack of physical activity. Sedentary behaviours are a risk factor for health, independent of not meeting physical activity guidelines. This research team is at the centre of an internationally important debate on the emerging role of time spent in sedentary behaviours on health. We have shown that stroke survivors are highly sedentary. Recent international guidelines encourage the reduction of sedentary behaviour after a stroke but how to do this is unknown. We will investigate the meaning, relevance and importance of, and attitudes towards sedentary behaviour in 30 stroke survivors three months after their stroke. We need this vital information for the development of much needed, novel interventions.