

Uptake to a community based chronic illness rehabilitation programme (CBCIR): Is there a gender disparity?

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Background: Multi-morbidity and chronic conditions pose a threat to population health. Despite known benefits of rehabilitation using structured exercise, uptake to such programmes remain sub-optimal. The aim of this study is to identify the psychosocial and health related fitness correlates of uptake to a CBCIR in men and women, with the secondary aim of identifying the rate of uptake. Methods: Participants referred to a CBCIR via GPs and hospitals completed an induction process. This introduced them to the CBCIR programme and got them to complete a multi-section questionnaire (including instruments on physical activity, exercise self-efficacy, intentions for exercise, and perceived family/friend social support) and complete a battery of physical health measures (including the Incremental shuttle walk test (ISWT), a lower body strength test and body mass index (BMI)). Post induction participants who attended an exercise class were classified as 'Uptakers', whilst those who never came back were classified as 'Non-Uptakers'. Class attendance was objectively monitored by the researchers. Data were analysed using SPSS, and are presented using means, standard deviations and proportions, group differences are examined via t-tests and logistic regression was used to predict uptake. Results: A total of 441 participants (56% male; average age 64.3 ± 12 years completed induction measures. Overall, 77% were identified as Uptakers (81% female, 74% male, $p=0.068$, 2-sided). Among men, Uptakers reported more days of 30mins moderate to vigorous physical activity ($t(111) = -2.499$, p