

# Applying the Necessity-Concerns Framework in Rehabilitation: Physical Activity Engagement for People With Long Term Conditions

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## Background

- Growing evidence for benefits of physical activity for people living with a long term condition<sup>1,2</sup>
- Low levels of engagement reported<sup>3,4</sup>
- Increasing body of research exploring strategies to tackle this<sup>5</sup>
- Necessity Concerns Framework well researched in relation to medication adherence but not applied to other health behaviours<sup>6</sup>

## Aim

To explore the application of the Necessity-Concerns Framework to physical activity engagement for people living with long term conditions.

## Method

- Qualitative Descriptive Methodology<sup>7</sup>
- Secondary analysis
- Directed Content Analysis<sup>8</sup> informed by operational definitions of key theoretical constructs of the Necessity Concerns Framework

## Data sources

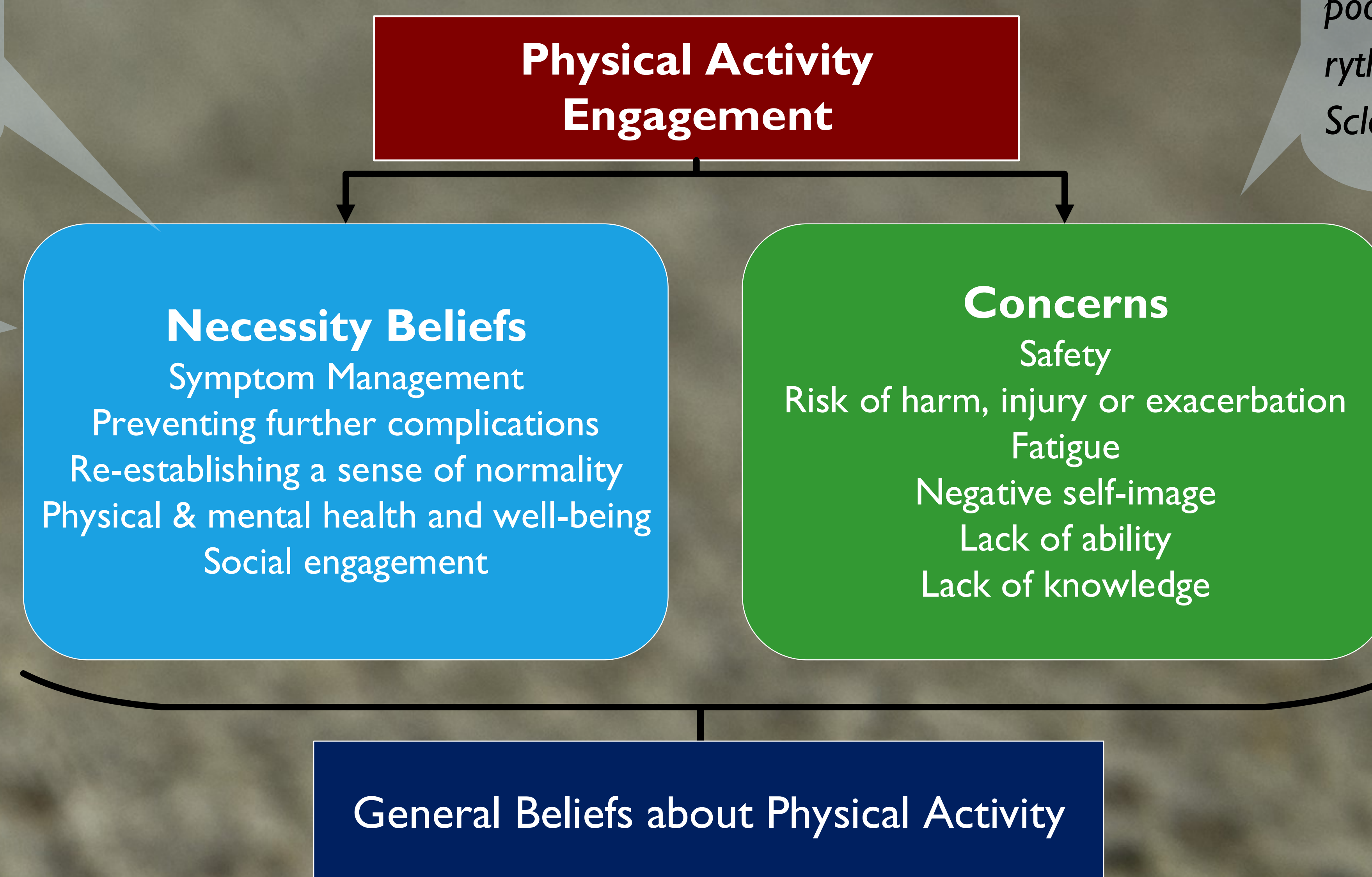
- Data was purposefully selected from three primary studies
- Qualitative descriptive studies exploring perceived barriers and facilitators to physical activity engagement for people living with
  1. Multiple Sclerosis (n=5 transcripts)
  2. Stroke (n=5 transcripts)
  3. Cancer survivors (n=10 transcripts)

Sought diversity in time since diagnosis, gender, ethnicity, clinical course (Multiple Sclerosis only), and type (Cancer only).

“Exercise will help me to get back to some sort of resemblance of how I used to be before” (45, Female, Cancer)

“I do it [walking] so I do not lose the use of my legs” (53, Female, Multiple Sclerosis)

“I believe it’s [exercise] keeping it [cancer] at bay” (67, Male, Cancer)



“I can sometimes see people looking at me in the swimming pool cause I will hold on to everything” (41, Female, Multiple Sclerosis)

“There is this sort of shadow that you carry with you, this fear that you could end up in a worse state than you were the first time. [...] It’s what we don’t know as stroke victims always, is the limits to which we can go in physical activity” (66, Male, Stroke)

## Conclusions

- Findings support potential application of the Necessity-Concerns framework.
- There are some conceptual differences in the application to physical activity engagement when compared to prior work—most notably in the perceived necessity of physical activity for broader health and well-being, such as emotional well-being, social engagement and return to engagement in meaningful activities.
- Drawing on this framework to underpin rehabilitation strategies may have practical use for rehabilitation practitioners.
- Future research is needed to explore whether this framework has predictive value as well as application to other rehabilitation settings.

## References

<sup>1</sup>Gordon et al. (2004). *Circulation*. 109(16), 2031-2041. <sup>2</sup>Rietberg et al. (2005). *Cochrane Database of Systematic Reviews*. 1. <sup>3</sup>Szymlek-Gay et al. (2011). *New Zealand Medical Journal*. 124(1337), 77. <sup>4</sup>Motl et al. (2005). *Mult Scler*. 11(4), 459-463. <sup>5</sup>Marcus et al. (2000). *Health Psychology*. 19(1(Supplement 1)), 32-41. <sup>6</sup>Horne et al. (1999). *Psychology & Health*. 14(1), 1. <sup>7</sup>Sandelowski (2000). *Res Nurs Health*, 23(4), 334-340. <sup>8</sup>Hsieh and Shannon (2005). *Res Nurs Health*, 15(9), 1277-88.

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