South West Clinical School Journal

South West Clinical School Journal - Issue 4, SE1, 2024

2024-04-30

The attitudes and beliefs of midlife women towards physical activity: a meta-ethnography

Daykin, Anne

Daykin, A. et al. 'The attitudes and beliefs of midlife women towards physical activity: a meta-ethnography', South West Clinical School Journal, 4, SE1 https://pearl.plymouth.ac.uk/handle/10026.1/22347

https://doi.org/10.24382/1vh7-zh61 University of Plymouth

All content in PEARL is protected by copyright law. Author manuscripts are made available in accordance with publisher policies. Please cite only the published version using the details provided on the item record or document. In the absence of an open licence (e.g. Creative Commons), permissions for further reuse of content should be sought from the publisher or author.

South West Clinical School Journal

Online Journal of the South West Clinical School



#400WORDS: DELIVERING A RESEARCH SKILLED WORKFORCE SPECIAL EDITION

The attitudes and beliefs of midlife women towards physical activity: a meta-ethnography.

Dr Anne Daykin¹, Angela Porter², Dr Simon Fryer³, Dr Francine Toye⁴

¹Senior Lecturer in Physiotherapy, University of Gloucestershire, Oxstalls Campus, GLOUCESTER, GL2 9HW, UK. ²Physiotherapy Student, University of Gloucestershire, Oxstalls Campus, GLOUCESTER, GL2 9HW, UK. ³Senior Lecturer in Exercise Physiology, University of Gloucestershire, Oxstalls Campus, GLOUCESTER, GL2 9HW, UK. ⁴Qualitative Research Lead, Oxford University Hospitals NHS Foundation Trust, Headington, OXFORD OX3 9DU, UK and University of Oxford (NDORMS), Headington, OXFORD, OX3 7HE, UK.

Email: adaykin@glos.ac.uk

Submitted for publication: 12 February 2024 Accepted for publication: 18 March 2024

Published: 30 April 2024

Background

Physical activity (PA) offers numerous physical and mental health benefits. However, midlife women face unique challenges that may influence their attitudes and beliefs towards engaging in regular PA. This paper provides interim findings of a metaethnography of existing qualitative primary research to provide a comprehensive understanding of these attitudes and beliefs.

Method

Meta-ethnography was devised by Noblit and Hare (1988). It is a seven-phase interpretive methodology (Toye *et al.*, 2021) which is both theory-based and potentially theory-generating.

Results

Phase 1 and 2 of meta-ethnography: getting started and deciding what is relevant

A systematic literature search was conducted across electronic databases for relevant studies published between 2000 and 2022 and a PRISMA flow diagram completed using the eligibility criteria. Initially, 460 records were identified, and 43 studies were included, with a total of 1071 participants. Studies were based in 15 different countries, the predominant being USA (n=20) and UK (n=4). A table of study characteristics was developed to document demographic data and methodological and quality assessments of the included studies conducted (Campbell *et al.*, 2011).

<u>Phase 3 and 4 of meta-ethnography: reading the studies and determining how the studies are related</u>

Two reviewers read and extracted data. The findings (second order interpretations) of the qualitative studies were transferred into a Word[®] document. Broad concepts using participant quotes (first-order constructs) were identified and viewed through a socioecological lens (Figure 1).

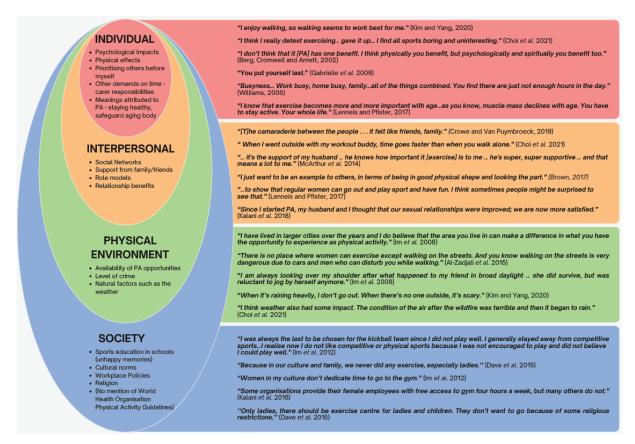


Figure 1: Participant quotes (first order constructs) viewed through a socioecological lens.

Phase 5 of meta-ethnography: translating the studies into one another

Analysis of the second-order constructs (researcher interpretations) is ongoing and NVivo 20® software for qualitative analysis is used to monitor analytical decisions. Analysis involves abstracting ideas through careful reading, continuous comparison, and collaborative efforts.

Phase 6 and 7 of meta-ethnography: synthesising the translations and expressing the synthesis

Synthesising and expressing the second-order constructs into a conceptual model is progressing. We will adhere to the eMERGe guidelines (France *et al.*, 2019) and the GRADE CERQual (Lewin *et al.*, 2018).

Conclusion

Individually, the included qualitative studies focus on culture as a main driver of midlife women's attitudes and beliefs towards PA. However, socioeconomic factors seem a

predominant influence when reanalysed through meta-ethnography. Understanding these complexities is crucial for developing effective strategies to promote PA in midlife women.

By addressing the identified themes targeted interventions can be developed that encourage and support midlife women to lead active and healthy lifestyles. Promoting PA can lead to improved overall well-being and better future health outcomes in this vital population.

References

Campbell, R., Pound, P., Morgan, M., Daker-White, G., Britten, N., Pill, R., Yardley, L., Pope, C., & Donovan, J. (2011), 'Evaluating meta-ethnography: systematic analysis and synthesis of qualitative research', *Health Technology Assessment*, 15(43), pp. 1-164. DOI: https://doi.org/10.3310/hta15430

France, E. F., Cunningham, M., Ring, N., Uny, I., Duncan, E. A. S., Jepson, R. G., Maxwell, M., Roberts, R. J., Turley, R. L., Booth, A., Britten, N., Flemming, K., Gallagher, I., Garside, R., Hannes, K., Lewin, S., Noblit, G. W., Pope, C., Thomas, J., Vanstone, M., ...and Noyes, J. (2019) 'Improving reporting of metaethnography: the eMERGe reporting guidance', *BMC Medical Research Methodology*, 19(1), pp. 25. DOI: https://doi.org/10.1186/s12874-018-0600-0

Lewin, S., Booth, A., Glenton, C., Munthe-Kaas, H., Rashidian, A., Wainwright, M., Bohren, M. A., Tunçalp, Ö., Colvin, C. J., Garside, R., Carlsen, B., Langlois, E. V., and Noyes, J. (2018) 'Applying GRADE-CERQual to qualitative evidence synthesis findings: introduction to the series', *Implementation Science*, 13(Suppl 1), 2. DOI: https://doi.org/10.1186/s13012-017-0688-3

Noblit, G. and Hare, R. (1988) *Meta-ethnography: synthesising qualitative studies*. Newbury Park, CA: Sage Publications

Toye, F., Belton, J., Hannink, E., Seers, K., and Barker, K. (2021) 'A Healing Journey with Chronic Pain: A Meta-Ethnography Synthesizing 195 Qualitative Studies', *Pain Medicine*, 22(6), pp. 1333–1344. DOI: https://doi.org/10.1093/pm/pnaa373



This is an open access article distributed under the terms of the Creative Commons Attribution Non-Commercial 4.0 International (CC BY-NC-SA 4.0) licence (see https://creativecommons.org/licenses/by-nc-sa/4.0/) which permits others to copy and redistribute in any medium or format, remix, transform and on a non-commercial basis build on this work, provided appropriate credit is given. Changes made need to be indicated, and distribution must continue under this same licence.