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Quirk, Helen and Blake, Holly and Dee, Beatrice and Glazebrook, Cris (2014) "You can't just jump on a bike and go": a qualitative study exploring parents' perceptions of physical activity in children with type 1 diabetes. In: UK Society for Behavioural Medicine 10th Annual Scientific Meeting, 3-4 December 2014, Nottingham, UK.

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**Citation: Quirk H, Blake H, Dee B, Glazebrook C. 2014. "You can't just jump on a bike and go": a qualitative study exploring parent's perceptions of physical activity in children with type 1 diabetes. In: Proceedings of the 10th UK Society for Behavioural Medicine Annual Scientific Meeting, 3-4 December, Nottingham.**

**"You can't just jump on a bike and go": a qualitative study exploring parent's perceptions of physical activity in children with type 1 diabetes**

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**Background:** Parents of children with Type 1 Diabetes Mellitus (T1DM) have an important role in Physical activity has known benefits for children with T1DM [1], but children with chronic health conditions typically have low levels of physical activity. Research is needed to build an understanding of the experience of physical activity for children with T1DM. The purpose of this study was to understand of those working with children who have T1DM.

**Methods:** Data were collected through semi-structured interviews with 20 parents (18 mothers, 2 fathers) who had a child aged 7-13 years with T1DM in the UK. Interviews were recorded, transcribed verbatim and data were analysed using thematic analysis [2].

**Results:** Factors believed to influence participation in physical activity are presented as 7 major themes and 15 subthemes. Themes that emerged included the conflict between planning and spontaneous activity, struggles to control blood glucose, recognition of the importance of physical activity, the determination of parents, children relying on their parents to manage physical activity, the importance of a good support system and individual factors about the children that influence physical activity participation.

**Conclusions:** This study highlights that parents serve as gate- findings provide insight into the need for T1DM knowledge and competence in personnel involved in the ensure understanding of how to manage physical activity. The findings sensitise professionals to the issues confronted by children with T1DM and their parents, as well as the methods used by children and their families to overcome obstacles to physical activity. The implications for further research, clinical practice, and physical activity

promotion with children with T1DM are discussed.

- 1.Quirk H, Blake H, Tennyson R, Randell TL, Glazebrook C: Physical activity interventions in children and young people with Type 1 diabetes mellitus: a systematic review with meta-analysis. *Diabet Med* 2014:n/a-n/a.
- 2.Braun V, Clarke V: Using thematic analysis in psychology. *Qualitative research in psychology* 2006, 3:77-101