A COMPREHENSIVE STUDY ON GASTROENTEROLOGISTS' BELIEFS, ATTITUDES, AND KNOWLEDGE OF PHYSICAL ACTIVITY AND EXERCISE

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UEG Week Vienna 2024 Poster

October 13, 2024

A survey of 143 gastroenterologists found that while most recognize knowledge gaps in physical activity counseling and report willingness to collaborate with other specialists, substantial proportions hold negative attitudes toward the effectiveness or necessity of physical activity and exercise.

KEY POINTS

- Among 143 gastroenterologists surveyed (30% residents, 29% clinicians, 41% academicians), 78% initially believed they had knowledge about physical activity and exercise, increasing to 93% after brief information was provided.
- Exploratory factor analysis identified five dimensions: effectiveness of physical activity and exercise, necessity or harm, barriers to recommending exercise, success in behavior change, and tendency to consult specialists.
- Only 46% of participants held positive attitudes toward the effectiveness of physical activity and exercise, while 24% believed physical activity was unnecessary or harmful.
- Three out of four gastroenterologists reported difficulty prescribing exercise for patients with comorbidities, though 81% reported willingness to consult with physiotherapists or dietitians.
- Gastroenterologists reported consulting physiotherapists regularly at significantly higher rates than dietitians (76% versus 36%, $p<0.001$).

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