E-Poster

EP-750

Factors Associated with Sedentary Behavior in Patients With Knee Osteoarthritis

Topic: Exercise

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BACKGROUND

Sedentary behavior is linked to poor physical and mental health outcomes. Despite the known benefits of physical activity for patients with chronic knee pain, many individuals remain physically inactive.

The aim of this study was to determine the sociodemographic and clinical factors associated with sedentary behavior in patients with knee osteoarthritis.

METHODS

A cross-sectional study was conducted among knee osteoarthritis patients aged between 40 and 75 years who were seen in consultation. Patients were included based on the Kellgren and Lawrence radiographic scale. Sociodemographic and clinical data were collected. Pain and disability were assessed using a Visual Analog Scale (VAS) and the Lequesne index. Sedentary behavior was evaluated using the International Physical Activity Questionnaire (IPAQ-SF). Additionally, participants were screened for anxiety and depressive disorders using the Patient Health Questionnaire (PHQ-9) and Generalized Anxiety Disorder (GAD-7) scales, respectively.

RESULTS

The sample consisted of 178 patients with a mean age of 58.48 ± 9.9 years, of whom 88.2% were women and 69.1% had comorbidities. The mean VAS pain score during walking was 4.78 ± 2.21. According to the Kellgren and Lawrence classification, 64.4% of patients had Grade 2 knee osteoarthritis, and 25.6% had Grade 3. The mean Lequesne index score was 9.8 ± 3.8. Multivariate logistic regression analysis revealed that education level (OR [95% CI]: -27.544 [-45.411, -9.676]; p = 0.048), socioeconomic status (OR [95% CI]: -13.108 [-25.417, -0.799]; p = 0.037), and depression (OR [95% CI]: -0.890 [-1.576, -0.205]; p = 0.011) were the main factors associated with sedentary behavior.

CONCLUSION

Our study highlights the importance of therapeutic education and mental health assessment to improve the management of patients with knee osteoarthritis.

Statement of Disclosures

None

Doi: 10.5606/archisprm.2026.EP-750

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