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Predictors of quality of life in children

Pere A Borrás, Josep Vidal, Xavier Ponseti, Jaume Cantallops, Pere Palou

Abstract

The aim of this study was to explore the relationship between Health related quality of life (HRQoL) in children reported by parents, cardiorespiratory fitness, physical activity levels, screen time and body mass index of a population of 302 eleven and twelve years old children.

The objective was to investigate the relation of cardiorespiratory fitness with some domains of quality of life to determine if fitness is a key factor rather than physical activity, to ensure future quality of life in children, Child health and Illness Profile-Child Edition/Parent Report Form (CHIP-CE/PRF) was used to

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measure HRQoL, 20m shuttle run test, for fitness. SHAPES, Physical activity module was used to measure weekly physical activity and screen time. Height and weight was reported by parents. Results show a strong correlation with Fitness and HRQoL, and screen time with HRQoL, but not with Physical activity. The findings of this study suggest that Fitness in children is a more important predictor, than PA in disease prevention.

Key words: cardiorespiratory fitness; screen time; physical activity; BMI

doi: 10.4100/jhse.2011.64.08

Full Text: [PDF \(191 KB\)](#) [STATISTICS](#)



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