Physical activity and their relationships with quality of life and cancer-related fatigue in breast cancer survivors in Malaysia

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Track: Allied Health
Theme: Survivorship

ABSTRACT

Introduction: The main aim of the study was to determine relationships between components of physical activity level with quality of life and cancer-related fatigue among breast cancer survivors in Malaysia. **Materials and Methods:** Eighty-three female breast cancer survivors with mean age 52.8 (8.7) years old participated in this study. The participants answered short form International Physical Activity Questionnaire (SF IPAQ) to identify physical activity level, Breast Cancer Functional Assessment of Cancer Therapy (FACT-B) questionnaire for determining quality of life (QoL) and Brief Fatigue Inventory (BFI) scale questionnaire for assessing cancer-related fatigue (CRF). Descriptive statistic and Pearson correlation were performed for statistical analysis. **Results:** The present study found that there was a significant positive correlation between time spent for moderate to vigorous physical activity (Mins/week MVPA) and functional wellbeing, a component of QoL (r=0.217, p=0.049). A significant negative correlation between days spent for moderate physical activity (Days/week MPA) and severity of fatigue, a component of CRF (r=-0.234, p=0.033) was observed. A negative correlation between total CRF score and total QoL score (r=-0.298, p=0.01) was also observed. **Conclusion:** The evidences of significant positive relationship between time spent for MVPA and functional well-being, a component of QoL, and a significant negative relationship between severity of fatigue and days spent for moderate physical activity (MPA) reflect that physical activity might improve QoL and reduce severity of CRF in Malaysian breast cancer survivors.

Keywords: Breast cancer survivors, physical activity, cancer-related fatigue, quality of life, functional well-being