

Abstract of Master's Thesis

No.1

Course	Master of Public Health	Name	Yasue Yoshino
Thesis Title	The assessment of physical activity among Syrian refugees living in Amman city, Jordan.		
<p>Abstract of Master's Thesis</p> <p>Objective :</p> <p>Physical inactivity is one of the major risk factors for non-communicable diseases. Few studies on physical activity have been conducted among refugees in their neighbour countries. Given the change of the situation of Syrian people, the current assessment of physical activity among Syrian refugees is significant to understand the present situation.</p> <p>The purposes of this study were to determine the degree of physical activity in the last seven days among Syrian refugees and to identify facilitators and barriers to their physical activity.</p> <p>Method :</p> <p>A community based quantitative and cross-sectional study was carried out on Syrian refugees living in Amman, Jordan. The structured questionnaire was used to assess predictors and facilitators and barriers to physical activity. Physical activity level was assessed using the official Arabic short version of the International Physical Activity Questionnaire (IPAQ).</p> <p>Descriptive statistics were used to explore characteristics of participants and facilitators and barriers to physical activity. Possible predictor variables were entered into logistic regression analysis to confirm the significant predictors of physical inactivity.</p>			

* The abstract, containing the objective, method, result and conclusion should not exceed c.1000 words (300-500words/page, double sided on A4 paper)

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<p>Result :</p> <p>Overall, 8.1% of Syrian refugees were physically inactive. The prevalence of physical inactivity was higher among female (9.6%) than male (6.3%). The significant predictor of physical inactivity was “the perceived change in amount of physical activity” (OR=3.0; 95%CI: 1.27-7.26). The common predictors in previous studies such as age, obesity and duration of residence did not show significant relationship with physical inactivity in this study. The common facilitators to physical activity in this study were “psychological wellbeing” and “prevent diseases”. More of physically inactive participants perceived that there was no advantage in doing physical activity. The most frequently stated barriers to physical activity were “time limitation” and “high cost”. Presence of at least one perceived barrier to physical activity was reported among physically inactive participants.</p> <p>Conclusion :</p> <p>This study uncovered that the prevalence of physical inactivity among Syrian refugees living in Amman was low. This study also highlighted that physically inactive participants had less interest in their amount of physical activity. The facilitators and barriers to physical activity among Syrian refugees identified in this study were almost similar to those in the previous studies conducted among non-refugees.</p> <p>The results of this study would be a useful baseline for future studies to examine physical activity level and to verify possible predictors, facilitators and barriers of physical activity.</p> <p>(378words)</p>			

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