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| **Sedentary behaviour: perspectives of people with severe asthma** |
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| **Introduction/Aim:**  Despite the deleterious effects of sedentary behaviour on important health and asthma-specific outcomes, there are few interventions that specifically target sedentary behaviour in people with severe asthma. To inform future sedentary behaviour-focused interventions, this study aimed to obtain the perspectives of people with severe asthma around their sedentary behaviour patterns and factors that may affect this. **Methods:** Adults (≥18 years) with severe asthma (n=21) participated in face-to-face interviews following a physical activity intervention. The participants were asked about their self-perceived sedentary behaviour patterns and factors that influence the amount of time they sit. The interviews were recorded, transcribed, and analysed thematically.**Results:** Participants mean±SD age was 67.0±8.7 years with a body mass index (BMI) of 31.9±5.9 kg/m2. Most participants (71%) were on monoclonal antibody therapy for severe asthma. Participants were inactive (median [IQR]: 19.1 [11.3, 44.5] minutes of moderate to vigorous physical activity/day) and sedentary (10.7 [9.7, 11.4.] hours/day). There were four main emergent themes. The first theme ‘Habits and routine’ described how participant’s sedentary behaviour patterns are often a result of habits and routine. The second theme, ‘The burden of asthma’ captured participants’ comments that having asthma and multi-morbidity necessitates sedentary behaviour. The third theme termed ‘Driven by obligation’ described how the participants‘ roles or responsibilities dictate the type of activity they engage in, and consequently, if that activity is sedentary or not. The fourth theme, ‘Physical activity’ captured the relationship between physical activity and sedentary behaviour, where participants spoke about the conscious balance between movement behaviours. **Conclusion:** These data are novel, providing new knowledge on factors that influence sedentary behaviour for people with severe asthma.Future research can now incorporate the perspectives of people with severe asthma when designing sedentary behaviour-focused interventions. **Grant Support:** NHMRC,John Hunter Hospital Charitable Trust, University of Newcastle |