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Relationship between self-efficacy and physical activity in individuals with and without chronic hip pain

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Chronic hip pain affects 18.2 million adults annually. Individuals with chronic hip pain partake in less physical activity than individuals without, despite evidence that physical activity reduces chronic musculoskeletal pain. Physical activity self-efficacy has not been measured in patients with chronic hip pain, though it may provide valuable insight into effective treatment modalities. Interventions like goal setting, improve low self-efficacy and may be an effective addition to treatments to help increase physical activity levels. **PURPOSE:** To examine the relationship between physical activity [moderate to vigorous physical activity (MVPA) and step count] and physical activity self-efficacy and whether differences exist between individuals with chronic hip pain (HIP) and those without (NON). **METHODS:** 13 individuals with chronic hip pain (2M/11F; 40.2 ± 16.9 years; 27.2 ± 6.9 kg/m^2), and 15 individuals without (5M/10F; 24.3 ± 8.3 years; 23.8 ± 6.2 kg/m^2) participated in this study. Following informed consent, participants completed a demographics survey and the Self-Efficacy for Physical Activity Scale. An accelerometer (60Hz) was worn over their symptomatic (HIP) or dominant (NON) hip for seven continuous days, except to shower and sleep. The middle five days of wear time were evaluated. After Shapiro-Wilk test for normality, Pearson product-moment correlations were used to examine the relationship between physical activity and self-efficacy, and Mann-Whitney U or independent T-tests were used to compare physical activity and self-efficacy between groups. Statistical significance was set at $p<.05$. **RESULTS:** Groups did not differ in terms of age, sex, BMI, or self-efficacy ($p>.10$). Total MVPA and self-efficacy were related ($r=.381$, $p=.04$). The HIP group had lower total MVPA (HIP: 28.9 ± 16.0 min/hr; NON: 48.9 ± 24.7 min/hr; $p=.02$) and lower peak MVPA (HIP: 53.4 ± 29.3 min/hr; NON: 85.9 ± 36.2 min/hr; $p=.01$) than the NON group. **CONCLUSION:** Individuals with chronic hip pain have lower measures of physical activity than those without hip pain. Regardless of hip pain status total, MVPA was related to physical activity self-efficacy.

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