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### The Impact of Leisure Constraints on Physical Activity Among Parent-Adolescent Dyads

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Leisure constraints – intrapersonal, interpersonal, and structural barriers to leisure-time physical activity (LTPA) – are one reason why adults and youth do not meet recommended activity levels. However, prior research has not examined how constraints operate within family systems.

**PURPOSE:** To examine the potential bi-directional relationships between parents' and adolescents' leisure constraints and LTPA. **METHODS:** In May – August 2021, 141 U.S. parent (64% female; mean age=40.81 ± 4.6 yrs.) and youth (48% female; mean age=15.15 ± 1.3 yrs.) dyads completed an online survey about their recreation. LTPA was assessed by asking how many days in the past week they engaged in moderate-vigorous intensity activity (MVPA) and how many days in the past week they participated in muscle strengthening. Leisure constraints were assessed using 19 items from Hubbard & Mannell's (2001) constraints scale. An actor-partner interdependence model in MPlus assessed the extent to which parent and adolescent leisure constraints predicted their own MVPA and muscle strengthening activity (actor effects) and each other's MVPA and muscle strengthening activity (partner effects). **RESULTS:** The model showed no significant partner effects and only one significant actor effect: Parent muscle strengthening was negatively associated with parental leisure constraints ( $\beta=-1.528$ , 95% CI=-2.33, -0.73,  $p<0.01$ ). This model explained 22.1% of the variance in parent MVPA ( $p<.001$ ), 17.7% of the variance in parent muscle strengthening ( $p<.01$ ), 9.9% of the variance in youth MVPA ( $p=0.10$ ), and 16.2% of the variance in youth muscle strengthening ( $p<.01$ ). However, much of this explained variance was due to demographic variables. **CONCLUSION:** Constraints were not key barriers to LTPA. Future research should examine this question in more targeted samples; this study included 47% mixed-gender dyads, a wide range of youth ages (13–18 yrs.), and occurred during the COVID-19 pandemic, which may have impacted results.

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