Preconception Network Conference abstract

Exploring provision and impact of physical activity advice and guidance offered to women undergoing fertility treatment

**Background:** The relationship between physical activity and fertility treatment outcomes has gained increased attention in the literature, with results demonstrating mixed findings.

When looking for physical activity advice and guidance it can be confusing due to the conflicting information available and the absence of guidelines from trusted professional bodies. It is un-known what advice and guidance is offered to women throughout their fertility treatment cycle(s) and whether this impacts physical activity engagement.

**Aims:** Explore whether women are offered physical activity advice and guidance from their healthcare professional(s) during fertility treatment and evaluate impact on physical activity be-haviour.

**Methods:** 258 participants completed an online survey and using purposive sampling techniques, 11 participants took part in a semi-structured interview. Quantitative data were analysed using SPSS, and NVIVO was used for qualitative analysis.

**Results:** 53% of participants were offered physical activity advice and guidance from their healthcare professional but 68% of participants had to initiate the conversation. A statistically significant relationship was found between participants who received advice and guidance and changes in activity levels (P<.05). Cross-tabulation shows those who received advice and guidance did less physical activity.

Group experiential themes (GET) were established which include the fertility treatment journey, physical activity during fertility treatment, individual beliefs, advice and guidance, effects of advice and guidance, and support for guidelines.

**Conclusion:** This study indicates that physical activity advice and guidance may not be a topic routinely covered during fertility treatment and often depends on women to initiate the conversation. Results suggest advice and guidance from healthcare professional leads women to reducing activity during treatment cycle(s). Qualitative data provides context to the decision-making process around physical activity during this unique timepoint.