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O66. The use of activity trackers devices and physical activity levels in adolescents and adults

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INTRODUCTION

Physical activity (PA) trackers could be an important complement that enables people to modify their sedentary behaviour and to monitor their PA and exercise. This study aimed to examine the use of PA trackers in Portuguese adolescents and adults, including differences by demographic factors and PA levels.

METHODS

Participants were N = 1498, of both sexes (N = 841 females) aged between 14 and 85 years. PA was measured using the short version of the International Physical Activity Questionnaire (IPAQ) (Craig et al., 2003; Hagströmer et al., 2008), carried out in three domains (leisure time, domestic and gardening/yard activities, work-related and transport-related activity) and sitting, providing information on the time spent walking, in vigorous- and moderate-intensity PA and in sedentary activity. Participants were asked if they use, had used or never used an activity tracker assessed activity tracker use. Participants who had used activity trackers were further asked for how long they used the activity tracker regularly at least once a week (less than a month, between 3 and 4 months, between 6 and 12 month, between 1 and 2 years, and more than 2 years), and how often they used the tracker (only during exercise, during waking hours, only at night, always all day and all night). Questionnaires were distributed and answered in paper format and online. In both cases, participants gave their informed consent. Factorial ANOVA was used to test when there were significant differences in PA levels between the participants' PA trackers use by age and sex.

RESULTS

Participants who use a PA tracker had significant more total PA per week than participants who had never used it and with the ones who have used it. However, there were no significant differences in sitting time, in moderate PA nor in walking. Participants who use a PA tracker had significant more vigorous PA than participants who have used it and the ones who had never used it, and the participants who have used it have significant more vigorous PA than the ones who had never used.

CONCLUSIONS

Participants who use PA trackers have a higher PA level than the participants who had never used one and the ones who have used it. It seems that PA trackers could be a motivation tool to improve PA levels.

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