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Title: Effects of sitting time on dyspnea, quality of life, and BODE score in chronic obstructive pulmonary disease

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Body: Purpose: Sitting time is emerging as a distinct factor for chronic disease. The purpose of this study was to compare dyspnea, quality of life, and BODE score in patients with chronic obstructive pulmonary disease (COPD) having lower and higher volume of sitting time. Methods: Fifty-five patients with COPD participated in this study (47M, 8F, age=60.6±8.4 years). Pulmonary function test was performed. Dyspnea (Medical Research Council dyspnea scale, MMRC), quality of life (St George Respiratory Questionnaire, SGRQ), exercise capacity (6-min walk test, 6MWT), and physical activity level (International Physical Activity Questionnaire Short Form, IPAQ) were measured. Sitting time was recorded as lower (<10 h/day) or higher. The BODE index score was calculated. Results: The MMRC, SGRQ symptom score, and BODE score were significantly lower in patients with lower volume of sitting time than the patients with higher volume of sitting time (p<0.05). The peak expiratory flow rate and IPAQ total score were significantly higher in patients with lower volume of sitting time than the patients with higher volume of sitting time (p<0.05). Conclusion: Higher volume of sitting are associated with increased dyspnea perception and multidimensional disease severity, and impaired lung function, physical activity and quality of life in COPD. Whether sitting time may differentiate among COPD phenotypes needs further investigation.