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Title: Restriction of physical activity in asthmatic children and adolescents by their relatives

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Body: Background: Physical activities (PA) are important for children and adolescents, especially in asthmatics. A significant proportion of them are considered less active than their non-asthmatic peers and maternal health beliefs have been pointed as determinant factor. Aims and objectives: To investigate if mothers impose limitations on physical activities of their asthmatic children, try to identify associated factors and as certain if this attitude affects activities level. Methods: In this cross sectional study were included 115 asthmatic children and adolescents and their mothers. For the children, were evaluated asthma severity, PA level and exercise induced bronchospasm (EIB). The mothers were investigated on their beliefs about PA in non-asthmatic and asthmatic children, if they imposed restrictions to their children PA, perception of exercise induced asthma and with an anxiety and depression questionnaire. Results: Almost all the mothers reported that PA are important for children and adolescents. Despite this, 37% (43/115) of them admitted that they imposed restrictions to their children PA. This attitude was associated with asthma severity and to maternal factors such as dyspnea perception after treadmill running, negative opinions about PA in asthmatics and anxiety. Despite this, their children were not less active than those from non restrictive mothers (OR=0.89; IC 95%=0.41-1.95). Conclusions: A considerable proportion of mothers report to impose limitations on their children PA. Parental and caregiver beliefs and fears should be discussed about in order to avoid conflicts and negative attitudes that could discourage their children taking part in physical activities and sports.