

## **Psychosomatic aspects**

### **The physical activity level and the quality of life in children with bronchial asthma.**

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#### **Introduction:**

The aim of study was to evaluate the physical activity level and the quality of life in children with bronchial asthma and to assess the correlation between these parameters and the degree of asthma control. We also want to determine the effect of physical activity on patients' quality of life

#### **Material and methods:**

The participants completed a questionnaire that included sociodemographic and clinical data and questions about the physical activity level. The asthma control status was assessed using the asthma control test (ACT), and quality of life was assessed using the Pediatric Asthma Quality of Life Questionnaire-PAQLQ.

#### **Results:**

The ACT score showed association with physical activity level. Children with controlled asthma have taken part in sport activities in school more often and have reported more daily physical activity. There was statistically significant positive correlation between the ACT score and patients' quality of life. This means better asthma control translates to better quality of life. Additionally, higher level of physical activity was associated with better perception of quality of life.

#### **Conclusions:**

The degree of asthma control appears to have a significant impact on patients' physical activity level and health-related quality of life. This may have positive influence on quality of life in children with bronchial asthma.