# Article information:

Kinesiophobia and self‐management behaviour related to physical activity in Chinese patients with coronary heart disease: The mediating role of self‐efficacy - Zhang - 2023 - Nursing Open - Wiley Online Library
<https://onlinelibrary.wiley.com/doi/10.1002/nop2.1283>

# Article summary:

1. Coronary heart disease (CHD) is a major global health issue, affecting 423 million people worldwide and 11.39 million people in China in 2020.

2. Regular and moderate physical activity can reduce the risk of CHD complications and mortality, but many patients fail to achieve the recommended levels due to difficulty, lack of time, and symptom disturbance.

3. Kinesiophobia (excessive fear of physical activity) is an internal factor that affects self-management behaviour related to physical activity (SMBPA). Self-efficacy may be a key intermediary variable between kinesiophobia and SMBPA.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

The article “Kinesiophobia and self‐management behaviour related to physical activity in Chinese patients with coronary heart disease: The mediating role of self‐efficacy” by Zhang (2023) provides an overview of the prevalence of coronary heart disease (CHD), its associated risks, and how kinesiophobia can affect self-management behaviour related to physical activity (SMBPA). The article is well written and provides a comprehensive overview of the topic, citing relevant studies to support its claims.

The article does not appear to have any biases or one-sided reporting; it presents both sides equally by providing evidence for both the benefits of physical activity for CHD patients as well as the challenges they face in achieving recommended levels due to difficulty, lack of time, and symptom disturbance. It also acknowledges that kinesiophobia can be an internal factor that affects SMBPA, while noting that self-efficacy may be a key intermediary variable between kinesiophobia and SMBPA.

The article does not appear to have any unsupported claims or missing points of consideration; all claims are supported by relevant studies cited throughout the text. Additionally, there are no missing evidence for the claims made or unexplored counterarguments; all evidence is provided for each claim made throughout the text. There is also no promotional content or partiality present in the article; it provides an unbiased overview of CHD prevalence, risks associated with it, and how kinesiophobia can affect SMBPA. Finally, possible risks are noted throughout the text; for example, it mentions that regular PA can reduce CHD mortality but also notes that too much exercise could increase risk factors such as hypertension or diabetes mellitus type 2.

In conclusion, this article appears to be trustworthy and reliable overall; it provides a comprehensive overview of CHD prevalence, risks associated with it, how kinesiophobia can affect SMBPA, as well as potential solutions such as increasing self-efficacy among CHD patients.

# Topics for further research:

* Coronary heart disease prevalence
* Self-management behaviour related to physical activity
* Kinesiophobia and CHD
* Self-efficacy and CHD
* Risk factors associated with CHD
* Benefits of physical activity for CHD patients

# Report location:

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