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Comparison of sedentary behavior between female cancer survivors and apparently healthy women

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Objective: To compare the sedentary behavior of breast cancer survivors with apparently healthy women. **Methods:** The study included 62 women who were separated into two groups: breast cancer survivors (BCS) (n=32; age: 52.93, standard deviation ± 8.95 years) and control (CG) with apparently healthy women (n=30; age: 52.16 \pm 7.59 years). The study was approved by the ethics committee of the Federal University of Goiás. The sedentary behavior was evaluated by the International Physical Activity Questionnaire (IPAQ), which consists of seven questions designed to estimate the duration and intensity of different dimensions of physical activity or inactivity. Participants responded to the number of minutes they spent in physical activity or not during the week or the weekend. The inclusion criteria for both groups were being in menopause and not participating in any regular resistance exercise program in the last six months, and for the BCS group were having undergone mastectomy or breast quadrantectomy and not having metastasized. Data normality was assessed by the Kolmogorov-Smirnov test. The unpaired t-test was used to compare the groups of BCS and CG. Statistical significance was set at $p \leq 0.05$. **Results:** There was no significant difference between groups in sedentary behavior during the week or the weekend, respectively (BCS 492.7 \pm 155.7; CG 541.5 \pm 201.4, $p < 0.214$; BCS 525.7 \pm 259.4; CG 511.3 \pm 245.1, $p < 0.716$). **Conclusion:** The current results suggest no difference in sedentary behavior between breast cancer survivors and women apparently healthy.

Keywords: cancer; physical inactivity.