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1128 – Lifestyle matters – how physician behavior shapes patient adherence to exercise: a systematic review

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Introduction: Physical activity is a key component of cancer prevention and survivorship, with evidence supporting its role in improving treatment tolerance, reducing recurrence risk, and enhancing quality of life. Despite this, patient adherence to exercise recommendations remains suboptimal, and counseling practices are inconsistently implemented in clinical settings. Physician-related factors, including personal lifestyle behaviors, may influence the effectiveness of exercise counseling.

Methods: This systematic review was conducted in accordance with the PRISMA guidelines. A comprehensive literature search was performed in the PubMed, Scopus, and Web of Science databases for studies published between 2016 and 2026, reflecting contemporary clinical practice. Eligible studies included physicians or healthcare providers with assessed personal physical activity levels and outcomes related to patient counseling or adherence to exercise. Observational and cohort studies were also considered. Risk of bias was assessed using appropriate tools.

Results: A total of 42 studies were identified, of which eight met the inclusion criteria and were included in the primary analysis. Physically active physicians consistently demonstrated higher rates of exercise counseling, greater confidence in prescribing physical activity, and longer lifestyle discussions. Patients managed by physically active physicians showed improved adherence to exercise recommendations. These findings suggest that physician behavior may influence both the delivery and effectiveness of lifestyle interventions.

Conclusion: Physician lifestyle behavior represents a relevant and potentially modifiable determinant of patient adherence to physical activity in oncology care. Promoting healthy behaviors among physicians may enhance the effectiveness of survivorship strategies and preventive oncology.

Ethics: Public data – Literature review.

Keywords: exercise; physicians; counseling; patient compliance; neoplasms.