Abstract

Background: Wireless physical activity monitors (WPAMs) are used to measure physical activity among healthy and chronic illness populations, however their use and measurement properties in the context of HIV are unclear.

Methods: I conducted a Scoping Review using the Arksey and O’Malley framework and a cross-sectional measurement study to assess criterion and construct validity of the Fitbit Zip® to measure physical activity among adults living with HIV.

Results: Twenty-five articles were included in the scoping review. WPAMs were used primarily as a measure of physical activity, and to a lesser extent a motivational tool to enhance physical activity. The cross-sectional measurement study provided evidence of criterion validity of the Fitbit Zip® to measure steps taken but not distance walked (m) and did not establish construct validity for measuring physical activity.

Conclusion: Results provide directions for future research including, physical activity promotion using WPAMs and assessing measurement properties of other WPAMs.