

## **Association of physical performance with mental and physical health-related quality of life and low back pain-related disabilities among older adults with severe obesity.**

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Background: low back pain is one of the most prevalent musculoskeletal problems and continues to be the leading cause of disabilities worldwide. The aim of this study was to cross-sectionally investigate the association of physical performance with mental and physical health-related quality of life and low back pain-related disabilities among older adults with severe obesity.

Methods: A total of 96 hospitalized older adults with severe obesity (45 males, 51 females, age:  $69.7 \pm 5.4$  years; BMI:  $43.7 \pm 5.7$  kg/m<sup>2</sup>) were recruited into the study. Physical performance, health-related quality of life, and low back pain-related disability were measured through physical performance tests, the 12-item short-form survey (SF-12), and the Oswestry disability index, respectively.

Results: LBP-related disabilities, as well as physical health-related quality of life, were associated with all the physiological parameters measured by physical performance tests, including muscular strength, aerobic capacity, balance, and lower body flexibility ( $P < 0.05$ ). In contrast, mental health-related quality of life was associated with fewer physiological parameters, such as primarily muscular strength ( $P < 0.05$ ).

Conclusions: These findings could provide important insights for developing rehabilitation strategies designed to improve LBP-related disabilities, as well as the physical and mental health-related quality of life, in older adults with severe obesity.

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