

## Summary

With cancer being one of the most common diseases worldwide, every year about 18,000 people are diagnosed with colorectal cancer in Poland alone. In some patients, tumor removal surgeries are combined with the emergence of the stoma. Although new treatments are continuously being developed, a notable surge of attention to the importance of lifestyle in preventing and treating oncological diseases can be observed. In the case of colorectal cancer, one of the most important recommendations is to undertake physical activity (PA) tailored to the patient's capabilities. "Cancer patient" is a term used to describe a significantly diverse group of patients - with varying degrees of fitness, different habits, and leisure activities. However, there is no doubt that just as incorporating regular PA is a challenge for many healthy people, for those who are ill and experiencing disease-related debilitation and/or side effects of their treatments, engaging in PA can be even more difficult and burden their daily lives. Nevertheless, clinical observations suggest that some patients choose to be physically active regardless of the severity of their disease.

The aim of this study was to identify correlates and predictor variables of engaging in PA in illness, with a particular focus on the relationship between the patient and their support person. The following variables were included in the proposed model: attitudes toward PA in health and illness (authorial tools were created to measure these variables), illness perception, pre-disease PA, the intention of the patient, expectations of the support person, PA in illness, stress, pain, other physical ailments and the support person's assessment of the sick person's ability to become physically active. The study included 24 patient-support person dyads. The variables incorporated in the research model were measured, including a fivefold measurement of stress, physical ailments, and PA level.

The results allowed the identification of factors related to PA undertaking, including problems related to stoma leakage, the intention to undertake PA and pre-disease moderate level of PA, as well as supporters' expectations and their assessment of the patient's ability to take up PA. No associations were identified between attitudes toward PA and its undertaking or between those attitudes and illness perception. The study also identified associations between variables on the patient's side and the support person's side, as well as the mutual influence of the patient's and their support person's ratings of pain intensity and nuisance (the partner effect in the APIM model).

The results of current research have allowed to formulate applicational conclusions mainly concerning the need to extend psycho-oncological interventions to the families of patients and to include psycho-educational content related to PA and stoma coping in them.

