

A Scoping Review of Mixed Methods Research About Physical Activity for Children With Disabilities

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The purpose of this scoping review was to examine how mixed methods research (MMR) has been applied in adapted physical activity (APA) research about children and adolescents age 5–18 years with a disability. Six electronic databases were searched to retrieve relevant studies published between 2003 and 2020. Sixty-four studies were identified and analyzed. The findings were organized into five categories of interest: publication information, study objectives, mixed methods research design, participants' information, and data integration. Challenges related to the design and publication of MMR in APA were uncovered, and suggestions for improvement are provided. This study adds to the knowledge of MMR design, and it provides an understanding of the underlying processes and methodological strategies that have guided this approach in APA research. This article will encourage APA researchers to engage in MMR while also aligning future studies with contemporary MMR literature and publication standards.

Keywords: research methodology, research design

Mixed methods research (MMR) is a comprehensive approach to provide a thorough understanding of interrelated issues that surround children and adolescents with a disability¹ in physical activity (PA; Harvey et al., 2020). It may enable the design of intricate research studies and interventions to study complex problems with interrelated quantitative and qualitative data (Dawadi et al., 2021). This approach highlights an integrated research design perspective where numerous factors may be studied in combination to uncover deep and rich findings as well as potentially strengthen field-based practices. For instance, the PA participation of children with a disability is a complex phenomenon where studies have recently shown that children with a disability engage in less PA than their peers without a disability (Jones et al., 2017; Li et al., 2016). Their PA participation is a challenging research topic that contains many interrelated factors

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