

InALMH
InterACTIVE LIVING
FOR MENTAL HEALTH

PRACTICES COLLECTION

Sport/ Physical Exercise on Mental Health

Summary / recommendations

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Introduction

What is InALMH?

The InALMH (Inter-Active Living for Mental Health) project is funded by ERASMUS + Sport and will be implemented by a wide partnership of 12 partners under the coordination of ENALMH. Besides the individual partnering organisations University of Athens (GR), University of Thessaly (GR) Porto Polytechnic (PT), Fokus CS (CZ), Merseyside Expanding Horizons (UK), Alzheimer Greece (GR), ARISMA (IT), international and European umbrella organizations as Mental Health Europe (MHE), GAMIAN - Europe, Sport & Citizenship EU Think Tank and ISCA also participate in the project partnership.

This project aims:

- to contribute towards the development of an upgraded Policy Framework in the form of Recommendations for EU Guidelines for the use of Sport/Physical Exercise on Mental Health, and
- to create an Interactive Platform (IP) for the collection, the organisation and the dissemination of information concerning the Physical Exercise Practices providing free access to all interested parties and individuals together with the enhancement for the development of new practices.

What is the aim of this document?

The aim of this document is to identify practices at European level that combine two vectors: physical activity and mental health.

This document is addressed not only to professionals (physical therapists, sports professionals, physical activity teachers and monitors, occupational therapists, etc.), but also to all people with mental health problems in order to improve their quality of life and protect their rights, dignity and inclusion through the creation of therapeutic

paths able to combine the typical sports training sessions together with psychiatric rehabilitation.

What is included in the document?

Starting from a general literature research of the best practices and entities in the European Union regarding sport, physical exercise and mental health, this document includes several kinds of practices (therapeutic schemes, campaigns, educational programmes, and studies) that are being carried out in different countries. search was conducted which covered the whole Europe. A functional approach has been developed towards this goal. Thus, the European Union has been divided in five coherent geographic areas: North, South, West, East and Central. Besides other characteristics, this was one of the criteria to build the partnership as there are partner organizations of the respective origin which are able to cover the corresponding areas. A flexible approach and additional support by other partners facilitated the research and balanced the work done.

Methods

How we create this document

In order to collect and create the content of this document, a desk research was conducted which covered the whole Europe. A functional approach has been developed towards this goal. Thus, the European Union has been divided in five coherent geographic areas: North, South, West, East and Central. Besides other characteristics, this was one of the criteria to build the partnership as there are partner organisations of the respective origin which are able to cover the corresponding areas. A flexible approach and additional support by other partners facilitated the research and balanced the work done.

PARTNER	GEOGRAPHICAL ZONE	EU MS
ARISMA	South Europe	Portugal, Spain, Italy, Malta, Bulgaria, Romania, Greece, Cyprus ;
ISCA	North Europe	Finland, Sweden, Norway, Denmark, Iceland;
MERSAYSIDE EXPANDING HORIZONS	West Europe	UK, Ireland, France;
FOCUS - PRAHA	East Europe	Czech Republic, Hungary, Poland, Lithuania, Estonia, Latvia, Croatia, Slovenia, Slovakia;
ENALMH	Central Europe	Belgium, Netherlands, Germany, Austria, Luxembourg;

After the practices were collected through a Google Form survey, they were organized and described in this document.

Scope:

Sports and Physical Exercise Practices in Mental Health Field

Practices: Therapeutic Schemes; Campaigns; Studies/Reviews; Educational and Training

- Mental Health Field: In general, and/or for the different mental disorders (DSM V)
- Physical Exercise and Sports: “Exercise is a planned, structured, and repetitive activity for the purpose of improving or maintain physical fitness” and “activities involving physical exertion and skill in which an individual or a team competes against another or others for entertainment”

Practices implemented in the last 13 years (since the last guidelines published by European Union).

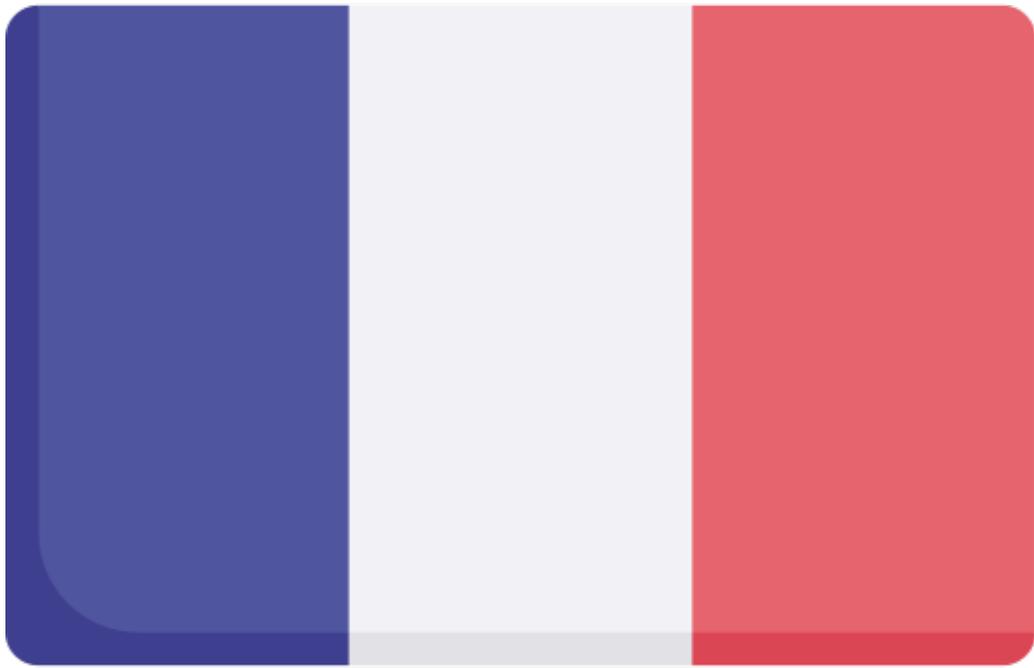
Tasks:

Online Research- combination of keywords into relevant databases (e.g. Web of Science, PsycInfo, Scopus, ...), Google and European Commission Projects' Databases.

Inquiry- each partner should identify and inquiry at least one organisation per country of their responsibility.

Practices on the use of Sport / Physical Exercise for Mental Health										
COUNTRY: xxx					Period: xx/ xx/ xx			InALMH Organisation: xxx		
Organisation using the practice	Year	Periodicity	Level*					Description of the practice and the population	Results	Evidence (link/ file)
			L	R	N	E	O			

Figure 1. Table used for organizing the information collected about practices



PRACTICES FROM FRANCE

IDENTIFICATION

Sport pour Toit - Sports for All

TYPE

Campaign

TIME FRAME

2018-2021

LEVEL

Local

DESCRIPTION

Helping and engaging homeless people practising physical activity to get better mental and physical health and to facilitate social inclusion and professional insertion.

Added value : individual and groups workshop.

RESULTS

2000 participants since the start

100 participants every week

KEYWORDS

Homeless ; skills development

EVIDENCE/RESOURCES

<https://www.resolis.org/upload/fiche/pdf/AB1607846-sport-pour-toit-remobiliser-les-personnes-a-la-rue-grace-a-des-activites-physiques-adaptees-en-ile-de-france-20161021-122522.pdf>

IDENTIFICATION

L' exercice physique contre la dépression – Physical exercise versus depression

TYPE

Study/ Review

TIME FRAME

Published 11 July 2012

LEVEL

National

DESCRIPTION

Aims: To determine the effectiveness of exercise in the treatment of depression. Our secondary outcomes included drop-outs from exercise and control groups, costs, quality of life and adverse events.

Target groups: Randomised controlled trials in which exercise was compared to standard treatment, no treatment or a placebo treatment in adults (aged 18 and over) with depression.

RESULTS

Exercise seems to improve depressive symptoms in people with a diagnosis of depression when compared with no treatment or control intervention, however since analyses of methodologically robust trials show a much smaller effect in favour of exercise, some caution is required in interpreting these results.

KEYWORDS

Depression, exercise, treatment outcome, Psychotherapy

EVIDENCE/RESOURCES

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004366.pub5/full/fr#CD004366-abs-0004>.

IDENTIFICATION

Physical activity types and risk of dementia in community-dwelling older people: the Three-City cohort

TYPE

Study/ Review

TIME FRAME

2020

LEVEL

National

DESCRIPTION

AIMS: To analyze the association between PA and dementia incidence in a large population-based cohort using a validated questionnaire developed specifically to explore household, transportation, leisure and sport activities in elderly people.

Added Value: The study used data from the prospective observational. Three-city cohort and included community-dwelling individuals aged 72 to 87 without dementia at baseline.

Type of Physical Activity: PA was assessed using the questionnaire developed by Voorrips. It is divided in three parts: house-hold/transportation activities, leisure time activities, and sport activities.

The household/transportation activity part includes 10 questions about housework, preparing meals, shopping and transportation used. The leisure time and sport activity parts include questions on the type of activity, number of hours per week, and number

of months per year. The activity types are associated with intensities that are determined according to the activity energetic costs.

RESULTS

Participants: 1550 community-dwelling individuals aged 72 to 87 without dementia at baseline. The age of the included participants ranged between 72 and 97 years, and 63.6% were women. 17% of participants had at least one APOE e4 allele, 96.8% lived at home, 76.1% had 5 years of education or more, 10.2% were diabetic, 10.7% had been hospitalized or treated for fracture, 58.8% had moderate to severe disability, and 5.8% had high depressive symptomatology.

Results: After a median follow-up of 4.6 years, dementia was diagnosed in 117 participants (7.6%). An inverse J-shaped association was found between household/transportation physical activity sub-score and dementia risk, which means that the risk is lowest for the moderately high values and then re-increases slightly for the highest values. The results remained significant when this sub-score was categorized in three classes (low, moderate, and high), with hazard ratios (95% confidence interval) of 0.55 (0.35–0.87) and 0.62 (0.38–1.01) for moderate and high activity levels, respectively. No significant effect was found for leisure/sport activities.

KEYWORDS

Dementia, Cohort study, Dose-response effect

EVIDENCE/RESOURCES

<https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-020-01538-3>

IDENTIFICATION

Exercise training for managing behavioral and psychological symptoms in people with dementia: A systematic review and meta-analysis.

TYPE

Study/ Review

TIME FRAME

Published 11 september 2015

LEVEL

European

DESCRIPTION

AIMS: The main purpose of this systematic review of randomized controlled trials (RCT) with pre-planned meta-analysis was to examine the effects of exercise training on behavioral and psychological symptoms of dementia (BPSD) in people with dementia compared with controls. The secondary aims of this study were to investigate the effects of exercise training on mortality and the use of antipsychotics.

Added Value: Managing behavioral and psychological symptoms in institutionalized and living in the community people with dementia.

Type of Exercise- Periodicity: The most common exercise type, performed in 13 studies, was a multicomponent training (i.e., two or more exercise types grouped together in the same training session). Ten studies had a usual care control group; the other ten studies had an active-control group (eight of these had a socially-active control group).

RESULTS

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Participants: 20 studies with a number of 1627 participants with light to severe dementia. Sample size varied across studies from 20 to 210 participants.

Conclusions: Exercise training seems to reduce depression levels. The percentage of improvement of depressive symptoms favoring the intervention group, compared to controls, was of 9.6% in average (varying from 1.1% to 23.1% across studies). Exercise was not found to reduce global BPSD levels in this population. Aberrant motor behavior and, to a lesser extent, apathy, agitation and eating disorders appear to be the BPSD more positively affected by exercise. Exercise training had no effect on the mortality risk of PWD. Information on antipsychotic use was very sparse.

KEYWORDS

Alzheimer's disease ; Older adults; Elderly Neuropsychiatric symptoms; Depression

EVIDENCE/RESOURCES

<https://pubmed.ncbi.nlm.nih.gov/26369357/>

IDENTIFICATION

Effects of a short-term Interval Aerobic Training Programme with active Recovery bouts (IATP-R) on cognitive and mental health, functional performance and quality of life

TYPE

Study/ Review

TIME FRAME

2 July 2018

LEVEL

National

DESCRIPTION

The purpose of this study was to examine the effects of IATP-R on seniors' health status.

RESULTS

This study shows that 9.5-week IATP-R is associated with significant improvements on walking and balance performances, cognitive and mental health and quality of life in previously sedentary seniors.

KEYWORDS

Sedentary seniors; interval aerobic; training programmeme



EVIDENCE/RESOURCES

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ijcp.13219>

IDENTIFICATION

Bénéfices des activités physiques adaptées dans la prise en charge de la schizophrénie -

Benefits of adapted physical activities in the management of schizophrenia

TYPE

Study/ Review

TIME FRAME

September 2012

LEVEL

National

DESCRIPTION

The objectives of this systematic review are to analyse the habits of physical activity and examine the literature that has investigated the use of exercise as treatment for schizophrenia.

RESULTS

According to certain studies, the positive effect may appear in a short time and at the end of the programme. No studies assess long-term benefits.

KEYWORDS

Schizophrenia; Treatment



EVIDENCE/RESOURCES

<https://psycnet.apa.org/record/2012-25558-003>

IDENTIFICATION

Efficacité de l'exercice physique en psychiatrie : une voie thérapeutique ? -
Effectiveness of physical exercise in psychiatry

TYPE

Study/ Review

TIME FRAME

2017

LEVEL

National

DESCRIPTION

The aim of this article is to demonstrate that physical exercise in the psychiatry department contributes to the improvement of the mental health of in-hospital patients. The target groups are : One hundred and twenty-eight men, mean age: 45.67 years (± 13.59) exhibited the following disorders: major depressive disorder (117), anxious disorders (25), alcoholic addiction (85), toxicomania (10), psychotic decompensation (33), bipolar disorder (3) and others (10).

RESULTS

To practice physical exercise during hospitalisation in a psychiatric department has a positive influence on the symptomatology, and contributes to the improvement of mental health.

KEYWORDS

Psychiatric disorders; in-hospital patients



EVIDENCE/RESOURCES

<https://psycnet.apa.org/record/2011-25132-003>

IDENTIFICATION

Six minutes walk test for individuals with schizophrenia. Disability and rehabilitation

TYPE

Study/ Review

TIME FRAME

Published online, 7 August 2014

LEVEL

National

DESCRIPTION

The objectives of this systematic review are to evaluate the 6-Minute Walking Test's suitability for measuring the impact of an intervention, to compare the 6MWD walked by patients with schizophrenia with data for the general population or matched controls, to identify the determinants of 6MWD and to examine the measurement properties and quality procedures of the 6MWT.

RESULTS

The distance walked by adults with schizophrenia seemed generally shorter than that walked by healthy adults. The 6MWD is usually negatively associated with a higher Body Mass Index, increased cigarette consumption, higher doses of antipsychotic medication and lower physical self-worth in individuals with schizophrenia.

KEYWORDS

Physical health monitoring recommendations; schizophrenia; 6MWT ; functional capacity.

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EVIDENCE/RESOURCES

<https://pubmed.ncbi.nlm.nih.gov/25098595/>



PRACTICES FROM THE NETHERLANDS

IDENTIFICATION

Effectiveness of behavioral techniques and physical exercise on psychosocial functioning and health-related quality of life in breast cancer patients and survivors

TYPE

Study/Review

TIME FRAME

2011

LEVEL

National

DESCRIPTION

This study aimed to evaluate the effect of behavioural techniques and physical exercise on psychosocial functioning and health-related quality of life (HRQoL) in breast cancer patients and survivors. Randomised controlled trials (RCTs) that investigated the effects of behavioural techniques or physical exercise in patients with breast cancer and survivors of breast cancer were eligible for inclusion. Outcomes included fatigue, depression, anxiety, body-image (self concept, body image, self-esteem, self perception) stress and HRQoL. Interventions included a wide variety of behavioural techniques and physical exercise as individual and/or group interventions. Intervention duration ranged from three to 57 sessions and included patients with all grades of breast cancer (0-IV).

RESULTS

Behavioural techniques were effective in improving fatigue, depression, anxiety and stress in breast cancer patients and survivors. Physical exercise was an effective intervention to improve fatigue, depression, body image and HRQoL.

KEYWORDS

Depression; Anxiety; Stress; Behavioural Techniques

EVIDENCE/RESOURCES

Duijts, S. F., Faber, M. M., Oldenburg, H. S., van Beurden, M., & Aaronson, N. K. (2011). Effectiveness of behavioral techniques and physical exercise on psychosocial functioning and health-related quality of life in breast cancer patients and survivors--a meta-analysis. *Psycho-oncology*, 20(2), 115–126. <https://doi.org/10.1002/pon.1728>.

IDENTIFICATION

Exercise therapy improves mental and physical health in schizophrenia

TYPE

Study/ Review

TIME FRAME

2013

LEVEL

National

DESCRIPTION

The objective of this multicenter randomised clinical trial was to examine the effect of exercise versus occupational therapy on mental and physical health in schizophrenia patients. Sixty-three patients with schizophrenia were randomly assigned to 2 h of structured exercise (n = 31) or occupational therapy (n = 32) weekly for 6 months. Symptoms (Positive and Negative Syndrome Scale) and cardiovascular fitness levels (W_{peak} and VO_{2peak}), as assessed with a cardiopulmonary exercise test, were the primary outcome measures. Secondary outcome measures were the Montgomery and Åsberg Depression Rating Scale, Camberwell Assessment of Needs, body mass index, body fat percentage, and metabolic syndrome (MetS).

RESULTS

Intention-to-treat analyses showed exercise therapy had a trend-level effect on depressive symptoms ($P = 0.07$) and a significant effect on cardiovascular fitness, measured by W_{peak} ($P < 0.01$), compared with occupational therapy. Per protocol analyses showed that exercise therapy reduced symptoms of schizophrenia ($P =$

0.001), depression ($P = 0.012$), need of care ($P = 0.050$), and increased cardiovascular fitness ($P < 0.001$) compared with occupational therapy. No effect for MetS (factors) was found except a trend reduction in triglycerides ($P = 0.08$). Exercise therapy, when performed once to twice a week, improved mental health and cardiovascular fitness and reduced need of care in patients with schizophrenia.

KEYWORDS

Exercise therapy; Schizophrenia; Occupational Therapy

EVIDENCE/RESOURCES

Scheewe, T. W., Backx, F. J., Takken, T., Jörg, F., van Strater, A. C., Kroes, A. G., Kahn, R. S., & Cahn, W. (2013). Exercise therapy improves mental and physical health in schizophrenia: a randomised controlled trial. *Acta psychiatrica Scandinavica*, 127(6), 464–473. <https://doi.org/10.1111/acps.12029>.

IDENTIFICATION

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Physical exercise in adults and mental health status findings from the Netherlands mental health survey and incidence

TYPE

Study/ Review

TIME FRAME

2011

LEVEL

National

DESCRIPTION

The aims of this study were to establish associations between physical exercise during leisure time and prevalence, incidence and course of mental disorders. Data were derived from the Netherlands Mental Health Survey and Incidence Study, a 3-wave cohort study in a representative sample (N=7,076) of Dutch adults. Mental disorders were assessed with the Composite International Diagnostic Interview. Physical activity was established by the number of hours per week people spent on taking physical exercise.

RESULTS

Physical exercise was negatively associated with presence and first-onset of mood and anxiety disorders after adjustment for co-founders. Evidence for a dose-response relationship between exercise levels and mental health was not found. Among those with mental disorder at baseline, exercise participants were more likely to recover from their illness (OR=1.47) compared to their counterparts who did not take exercise.

Physical exercise is beneficial to mental health, but it remains uncertain whether this association truly reflects a causal effect of exercise.

KEYWORDS

Anxiety disorders; Mood Disorders; Cohort study

EVIDENCE/RESOURCES

Ten Have, M., de Graaf, R., & Monshouwer, K. (2011). Physical exercise in adults and mental health status findings from the Netherlands mental health survey and incidence study (NEMESIS). *Journal of psychosomatic research*, 71(5), 342–348. <https://doi.org/10.1016/j.jpsychores.2011.04.001>.

IDENTIFICATION

Effect of running therapy on depression (EFFORT-D)

TYPE

Study/ Review

TIME FRAME

2012 (6 months study)

LEVEL

National

DESCRIPTION

The objective of the present article is to describe the design of a RCT examining the effect of exercise on depressive patients. The Effect Of Running Therapy on Depression in adults (EFFORT-D) is a RCT, studying the effectiveness of exercise therapy (running therapy (RT) or Nordic walking (NW)) on depression in adults, in addition to usual care. The study population consists of patients with depressive disorder, Hamilton Rating Scale for Depression (HRSD) ≥ 14 , recruited from specialised mental health care. The experimental group receives the exercise intervention besides treatment as usual, the control group receives treatment as usual. The intervention programme is a group-based, 1 h session, two times a week for 6 months and of increasing intensity. The control group only performs low intensive non-aerobic exercises. Measurements are performed at inclusion and at 3,6 and 12 months. Primary outcome measure is reduction in depressive symptoms measured by the HRSD. Cardio-respiratory fitness is measured using a sub maximal cycling test, biometric information is gathered and blood samples are collected for metabolic parameters. Also, co-morbidity with pain, anxiety and personality traits is studied, as well as quality of life and cost-effectiveness.

RESULTS

Exercise in depression can be used as a standalone or as an add-on intervention. In specialised mental health care, chronic forms of depression, co-morbid anxiety or physical complaints and treatment resistance are common. An add-on strategy therefore seems the best choice. This is the first high quality large trial into the effectiveness of exercise as an add-on treatment for depression in adult patients in specialised mental health care.

KEYWORDS

Running therapy; Depression; Anxiety

EVIDENCE/RESOURCES

Kruisdijk, F.R., Hendriksen, I.J., Tak, E.C. et al. Effect of running therapy on depression (EFFORT-D). Design of a randomised controlled trial in adult patients [ISRCTN 1894]. BMC Public Health 12, 50 (2012). <https://doi.org/10.1186/1471-2458-12-50>.

IDENTIFICATION

Inter-Active Therapy

TYPE

Therapeutic Scheme

TIME FRAME

-

LEVEL

National

DESCRIPTION

Inter-Active Therapy is an innovative blended-care approach to psychological therapy that makes use of both face-to-face contact and web-based tools. Therapy sessions are conducted outdoors, in any one of the many parks and green areas around the North Holland region. Internet therapy is also available for people living further outside North Holland or for those whose work requires them to travel frequently. As a client you are given access to a private online portal that is customized to your needs, giving you information about the therapy you are following, and insights into the progress you are making. At the end of the process you will be able to reflect back on a personalized guide that can continue supporting you into the future.

RESULTS

-

KEYWORDS

Walking therapy; web-base tools; psychological therapy

EVIDENCE/RESOURCES

<https://interactivetherapy.nl/>

IDENTIFICATION

PsyQ International

TYPE

Therapeutic Scheme

TIME FRAME

-

LEVEL

Local

DESCRIPTION

PsyQ International is an expat-oriented mental health centre. Its multilingual doctors and psychologists are dedicated to guiding patients through the personal challenges they encounter as internationals. In the programme, people meet in a running group at least once a week with an experienced runner and trained psychologist

RESULTS

Running in a coached group has the added value of making you more motivated to run regularly and to get to know people. No matter what the reason, running often has a positive influence on your physical and mental health. While running, your body produces hormones that improve your mood and break down stress hormones. Exercise stimulates the release of serotonin, dopamine and noradrenaline, which are responsible for your coordination and feeling of well-being. That is why you may feel more balanced and relaxed after a few runs. There is also a sense of satisfaction when you find out that your body is capable of much more than you ever thought possible. Moreover, running with a psychologist can provide extra counselling support, as our minds tend to think more freely and make new associations when exercising.

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KEYWORDS

Running therapy

EVIDENCE/RESOURCES

<https://www.iamexpat.nl/lifestyle/lifestyle-news/feeling-down-or-struggling-winter-blues-try-running-therapy>



PRACTICES FROM SPAIN

IDENTIFICATION

Alvaro Moraleda (Department of Education, Camilo José Sela University, Madrid)
Adolfo J. Cangas (Department of Psychology, University of Almeria)

TYPE

Scientific article (exploratory study)

TIME FRAME

2004-2019

LEVEL

Local (Madrid)

DESCRIPTION

The sport activity consists in an indoor football competition taking place in Madrid with 15 teams from different mental health services in the city in which teams face off weekly for 9 months during the year. The purpose is to evaluate if taking part in this competition reduces self-stigma.

RESULTS

There isn't a statistically significant correlation between taking part in this football competition and reduction of self-stigma; but much more studies should be done to demonstrate it. There is an evidence that this competition helps patients to develop social skills and improves social relationships.

KEYWORDS

Severe mental illness; sports; self-stigma; recovery; psycho education



EVIDENCE/ RESOURCES

Int. J. Environ. Res. Public Health 2019, 16, 3599; doi:10.3390/ijerph16193599

IDENTIFICATION

Anna Puig-Ribera, Iván Martínez-Lemos, Maria Giné-Garriga, Ángel Manuel González-Suárez, Judit Bort-Roig, Jesús Fortuño, Laura Muñoz-Ortiz, Jim McKenna and Nicholas D Gilson

TYPE

Survey - Research article

TIME FRAME

2010 - 2015

LEVEL

Local (four Spanish universities in Galicia, the Basque Country and Catalonia (×2))

DESCRIPTION

This study examined the associations between sitting time and PA, with mental well-being and work productivity in 557 office employees. Uniquely, the study addresses cross-sectional differences in how indices of sitting, alone or in combination with markers of PA, relate to mental well-being and productivity.

RESULTS

Higher volumes of PA (MET-minutes/week) were positively related to better mental well-being. The findings present a strong rationale, based on consistent associations, for combining sitting time reduction strategies with efforts to increase PA in interventions aimed at improving office employees' well-being and productivity.

KEYWORDS

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Sitting time, Physical activity, Mental well-being, Work productivity, Office employ

EVIDENCE/ RESOURCES

Puig-Ribera et al. BMC Public Health (2015) 15:72 DOI 10.1186/s12889-015-1447-5

IDENTIFICATION

E.J. Martínez-López EJ, et al.

TYPE

Scientific article

TIME FRAME

2011-2015

LEVEL

Local (teenagers from 16 educational centers from the eight Andalusian provinces were surveyed).

DESCRIPTION

The objective was to determine the association of low weekly physical activity level and highly sedentary lifestyles with self-perceived health, pain, and well-being in a Spanish teenage population.

A quantitative cross-sectional study was conducted. A total of 2293 Spanish 12/16-year-old adolescents participated in the present study. Self-perceived health, pain, well-being, and sedentary lifestyle were assessed with the Health Behaviour in School-Aged Children questionnaire. The association between variables was studied by binary logistic regression analysis and all analyses were adjusted by age and BMI.

RESULTS

Boys and girls with low PA levels had significantly higher odds ratios (OR) and were more likely to consider their self-perceived health level as low (OR=1.436 and OR=1.467, respectively). Boys with low PA levels showed greater risk of suffering pain

sometimes (vs. never; OR = 1.303) and perceiving well-being sometimes (vs. always; OR = 1.786).

Low weekly PA leads to reduced self-perceived health in teenagers. It also increases the risk of pain and decreases the well-being of teenage boys. The effects of a highly sedentary lifestyle may differ according to gender and type of sedentary activity (TV, PC, or homework). These differences suggest the need of specific approaches to PA and sedentary lifestyle levels according to gender.

KEYWORDS

Physical activity; Sedentary lifestyle;

EVIDENCE/ RESOURCES

<http://dx.doi.org/10.1016/j.scispo.2015.04.007>

IDENTIFICATION

Fernando Estévez-López, et al.

TYPE

Scientific article

TIME FRAME

2011-2015

LEVEL

Local (Andalusia)

DESCRIPTION

The present study aimed to test the associations of overall physical fitness and subjective well-being with fibromyalgia severity and to determine whether the combination of overall physical fitness and subjective well-being is associated with fibromyalgia severity among adult women patients.

Overall physical fitness and the components of subjective well-being (positive affect, negative affect and cognitive well-being), and fibromyalgia severity were assessed using the Functional Senior Physical Fitness Test Battery, the Positive and Negative Affect Schedule, the Satisfaction With Life Scale, and the Fibromyalgia Impact Questionnaire, respectively.

RESULTS

This cross-sectional study included 424 participants from Andalusia, southern Spain. Overall physical fitness ($b = -.23$), positive affect ($b = -.18$), negative affect ($b = .26$), and cognitive well-being ($b = -.18$) were all associated with fibromyalgia severity. The

patients with the highest overall physical fitness and increased subjective well-being reported 15 % lower fibromyalgia severity than those with the lowest fitness and poorest subjective well-being (Cohen's d 1.0).

KEYWORDS

Chronic pain Functional capacity Physical fitness Psychology Quality of life Resilience (psychological)

EVIDENCE/ RESOURCES

Qual Life Res (2015) 24:1865–1873 DOI 10.1007/s11136-015-0917-7

IDENTIFICATION

J. Molina-García, I. Castillo and A. Queralt

TYPE

Scientific article

TIME FRAME

2005-2011

LEVEL

Local (students of the University of Valencia and Catholic University of Valencia)

DESCRIPTION

The aim of the present study was to analyze the association of leisure-time physical activity and mental health among university students in Spain. Spanish university students, 321 men and 318 women, were recruited.

Questions about leisure-time physical activity were taken from the “Health Behaviour in School-age Children study: a WHO collaborative cross-national study” and had been adapted for university students in previous studies. Each type of leisure activity was assigned an intensity code, in units of METs, according to the Compendium of Physical Activities.

The Spanish version of the 10-item Self-Esteem Scale (Rosenberg, 1965) was employed to assess attitudes toward themselves. To measure subjective vitality, a Spanish version of the 6-item Subjective Vitality Scale (Ryan & Frederick, 1997) was used.

Means and standard deviations were calculated for each study variable. The effects of leisure-time physical activity on well-being variables were also examined. *Post hoc* tests were used to compare groups.

RESULTS

This cross-sectional study indicates that high leisure-time physical activity is associated with benefits on psychological well-being, subjective vitality and self-esteem rated by university students.

It would be of utmost importance to promote leisure-time physical activity in the university context in which lifestyles are being consolidated.

KEYWORDS

Physical activity; well-being

EVIDENCE/ RESOURCES

DOI 10.2466/06.10.13.PR0.109.5.453-460

IDENTIFICATION

Carmen Padilla-Moledo, et al.

TYPE

Scientific article

TIME FRAME

2012

LEVEL

Local (province of Cádiz)

DESCRIPTION

A total of 690 (368 boys and 322 girls) healthy Caucasian children and adolescents (6–17.9 years of age) participated in the study. Psychological positive health (perceived health status, life satisfaction, quality of family relationships, quality of peer relationships, academic performance), health complaints, and health risk behaviors (tobacco and alcohol use, and drunk) were assessed by the Health Behavior in School-aged Children (HBSC) questionnaire.

RESULTS

Muscular fitness was positively associated with all the studied psychological positive health indicators, except quality of peer relationships in both children and adolescents. Muscular fitness was inversely associated with both, tobacco and alcohol use.

KEYWORDS

49

Muscular strength, positive health, health complaints, alcohol, tobacco, children and adolescents

EVIDENCE/ RESOURCES

<https://journals.lww.com/nsca-jscr/pages/default.aspx>

IDENTIFICATION

Rossane Frizzo de Godoy, Benno Becker Jr., Dagoberto Vanoni de Godoy, Paula Vaccari and Mauricio Michelli. (University of Illes Balears and University “Autònoma de Barcelona”)

TYPE

Scientific article (Revista de Psicología del Deporte 2001. Vol. 10, núm. 2, pp. 267-278 ISSN: 1132-239x)

TIME FRAME

October 1999 – March 2000

LEVEL

Local (University of Cassias do Sul)

DESCRIPTION

Multidisciplinary pulmonary rehabilitation has been the most suitable treatment for chronic obstructive pulmonary disease, COPD. This clinical trial studied the effect of exercise on anxiety, depression and self-concept of 30 COPD patients. (mean age 63,66 +11,62; 80% male). All patients were evaluated at baseline and at completion of rehabilitation programme. The participants of the trial were randomized in two groups: experimental group (G1) and control group (G2). Both groups underwent to a 12-weeks programmes of treatment. G1 group (n = 14) received: 24 sessions of physiotherapy; 12 psychological sessions; 3 educational sessions and 24 sessions of physical exercise. G2 group (n =16) received the same treatment except the sessions of physical exercise.

RESULTS

51

Both groups demonstrated significantly statistical improvements ($p < 0.05$), including reduced anxiety and depression, improved self-concept and endurance. There were non-significant differences between treatment groups.

KEYWORDS

Depression, anxiety, physical exercise.

EVIDENCE/ RESOURCES

Rossane Frizzo de Godoy, MS. Av. Rio Branco, 209/103. Caxias do Sul- RS -Brasil.
Tel.: 55 0XX 54 221-5006. E-mail: dvggodoy@zaz.com.br

* Programmea de Rehabilitación Pulmonar, Servicio de Neumología y Cirugía Torácica, Universidad de Caxias do Sul, Río Grande do Sul, Brasil.

IDENTIFICATION

Ma Isabel Barriopedro, Iciar Eraña y Lledó Mallol

TYPE

Scientific article

TIME FRAME

-

LEVEL

Local

DESCRIPTION

Previous studies have demonstrated an inverse relationship between physical activity and depression in elderly samples. It has been proposed psychological and physiological mechanisms to explain the antidepressant effect of exercise. The levels of depression and life satisfaction of three older samples are compared in this study: individuals who engage in physical activity, individuals who engage in group activities and sedentary individuals.

RESULTS

The results showed no differences between the groups who engage in activities in depression and life satisfaction levels, being those groups significantly different from the sedentary group. These results support the implication of psychological mechanisms to explain the relation between physical activity and mental health.

KEYWORDS

Exercise, depression, satisfaction, aging

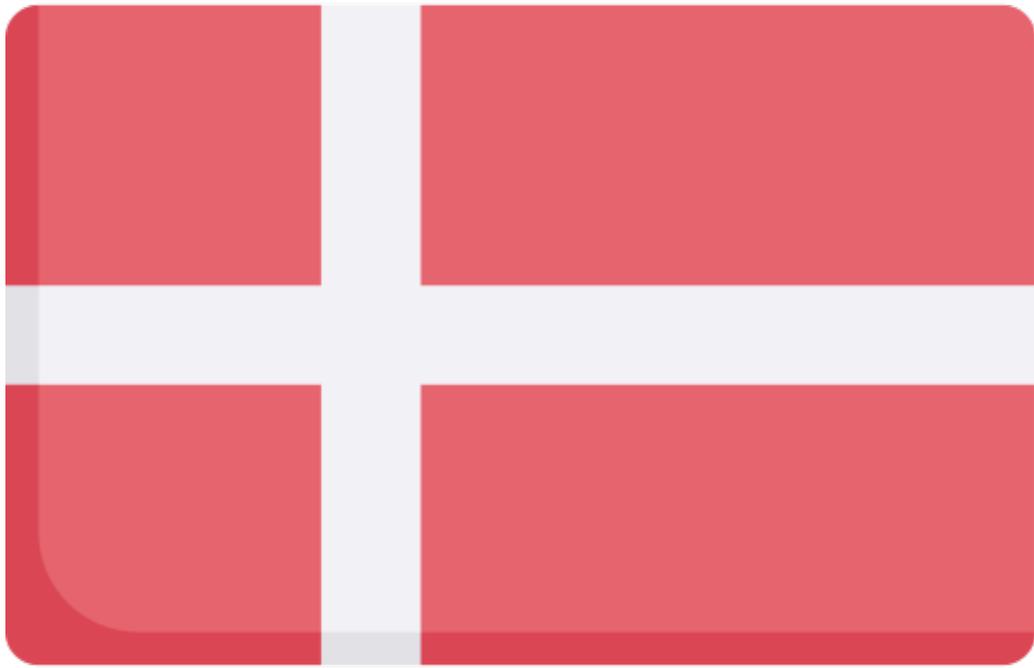
53

EVIDENCE/ RESOURCES

Revista de Psicología del Deporte Universitat de les Illes Balears 2001. Vol. 10, núm.

2, pp. 239-246 Universitat Autònoma de Barcelona ISSN: 1132-239x

“RELACIÓN DE LA ACTIVIDAD FÍSICA CON LA DEPRESIÓN Y SATISFACCIÓN
CON LA VIDA EN LA TERCERA EDAD”



PRACTICES FROM DENMARK

IDENTIFICATION

Hanna, Christensen Project leader in DGI (Danish Sports Association)

TYPE

Therapeutic Scheme

TIME FRAME

2016-2021

LEVEL

National

DESCRIPTION

ABC for mental health in Denmark aims to promote mental health in Denmark. Target group is everyone.

RESULTS

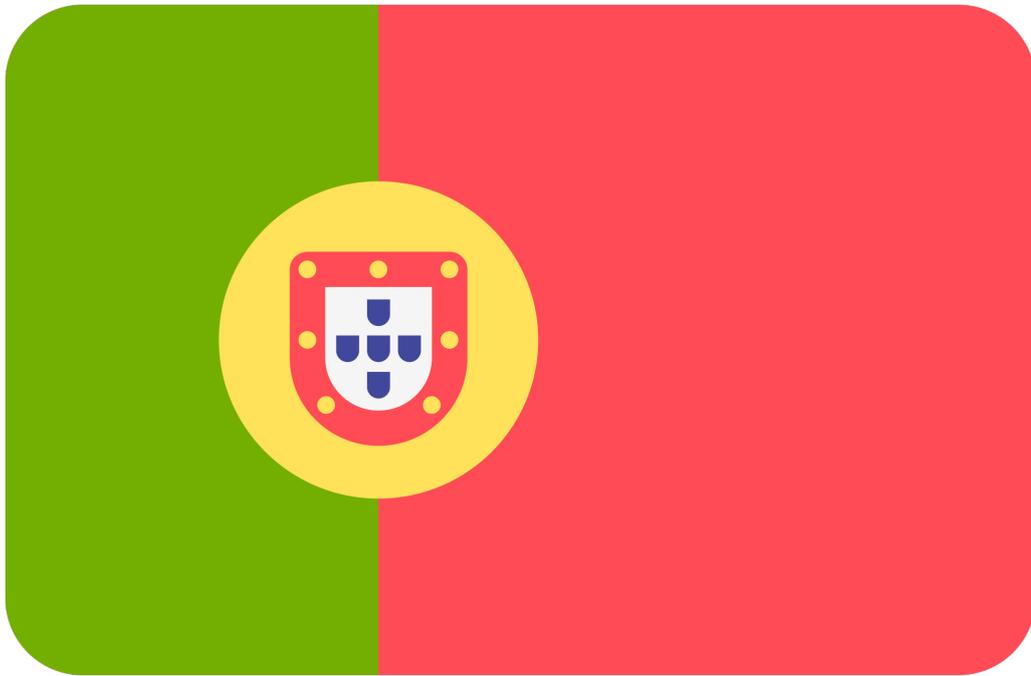
We have educated a lot of ABC ambassadors and a lot of sports communities which is now aware that keeping mentally healthy is just as important as psycially healthy. The three recommendations: ACT – BELONG - COMMIT makes sense at people and is easy to adapt in your life. We work with the good welcome (to new members in the club), strengthening the community and cohesion so the sports communities not only have focus on ACT - but also on BELONG and COMMIT.

KEYWORDS

Community

EVIDENCE/RESOURCES

<http://abcmentalsundhed.dk/media/1613/from-rethoric-to-action-adapting-the-act-belong-commit-mental-health-promotion-programmeme-to-a-danish-context.pdf>



PRACTICES FROM PORTUGAL

IDENTIFICATION

Saúde Mental em Movimento - FADEUP

TYPE

Therapeutic Scheme

TIME FRAME

9 years

LEVEL

Regional

DESCRIPTION

These activities focus on people with severe mental illness and have the purpose of promote physical activity to this group, contribute to a better quality of life, by working physical, psychological and social level of physical activity. Also fight the stigma against this population and promote social inclusion.

RESULTS

40+ participants that receive help totally free, with the objective of promoting physical activity, and receiving many tools that can contribute to lower the stigma against this type mental illness (schizophrenia, bipolar disorder, depression).

KEYWORDS

Sports; Community

EVIDENCE/RESOURCES

https://sigarra.up.pt/fadeup/pt/noticias_geral.ver_noticia?p_nr=23332

IDENTIFICATION

Fintar o Estigma (Eng : Tackling Stigma)

TYPE

Campaign

TIME FRAME

4 Editions

LEVEL

Regional

DESCRIPTION

A Futsal game that aims to work on the direct social contact and fight stigma against people with mental health issues. This event is accomplished after prepare all the participants during four months, giving them the opportunity to make exercise through that time.

RESULTS

Eleven institutions participated in the event and more than 500 people

Keywords

Stigma ; Football

EVIDENCE/RESOURCES

<http://centro-reabilitacao.anarp.org.pt/projetos-/fintar-o-estigma--pf-227>

IDENTIFICATION

Liga para a Inclusão (Eng : League for Inclusion)

TYPE

Campaign

TIME FRAME

Since 2009

LEVEL

Regional

DESCRIPTION

The AMI (Assistência Médica Profissional) and several Public and Private institutions from the North region of Portugal create a football league to promote social inclusion of people excluded or at risk of social exclusion.

RESULTS

The institutions got positive results related to the physical condition, the adoption of healthy lifestyles, self-esteem, the feeling of belonging and socialization, personal organization, team work, the will to win, respect for others, the feeling of equality.

KEYWORDS

Football ; Inclusion



EVIDENCE/RESOURCES

<https://ami.org.pt/blog/dia-da-liga-inclusao-social/>

IDENTIFICATION

Estigma Fora de Jogo (Eng : Stigma out of Game)

TYPE

Campaign

TIME FRAME

2018

LEVEL

Regional

DESCRIPTION

CIS Irmãs Hospitaleiras created a futsal tournament with the purpose of fight stigma for people with mental health issues.

RESULTS

More than 60 participants participated and the results are positive, defending that the competitive scene improves the capability of each person to relate with others.

KEYWORDS

Football ; stigma

EVIDENCE/RESOURCES

<https://correiodominho.pt/noticias/torneio-de-futsal-finta-estigma-da-doenca-mental/110855>.

64

IDENTIFICATION

Caminhada pela Saúde mental (Eng : Walk for Mental Health)

TYPE

Campaign

TIME FRAME

Once a year, since 2012

LEVEL

National

DESCRIPTION

FNERDM created an event, The Walk for Mental Health, which aims to raise awareness in the community about mental health issues.

RESULTS

-

KEYWORDS

Walk ; Awareness

EVIDENCE/RESOURCES

<http://www.fnerdm.pt/riagevi-6-a-caminhada-pela-saude-mental/>

IDENTIFICATION

Physical Activity and Schizophrenia: The Promotion of an Active Lifestyle

TYPE

Therapeutic Scheme

TIME FRAME

Since 2011

LEVEL

Regional

DESCRIPTION

Regular physical activities (2 or 3 times a week) for individuals with schizophrenia in a Sports University Campus.

RESULTS

8 years of events, presented improvements with physical health, weight management and quality of life in the participants.

KEYWORDS

Schizophrenia

EVIDENCE/RESOURCES

<http://fpdd.org/wp-content/uploads/2019/01/Atividade-F%C3%ADsica-e-Esquizofrenia-A-Promo%C3%A7%C3%A3o-de-um-Estilo-de-Vida-Ativo.pdf>

IDENTIFICATION

AtivaMente (Eng : Active Mind)

TYPE

Therapeutic Scheme

TIME FRAME

All year (only stops at August)

LEVEL

Local

DESCRIPTION

A project that promotes physical activity 3 times a week, for a group of people with anxiety and depression problems. This project is led by Associação Invictus People.

RESULTS

-

KEYWORDS

Anxiety ; Depression

EVIDENCE/RESOURCES

<https://invictusviseu.pt/progamaseprojetos/>

IDENTIFICATION

Ministry of Health – Direção Geral de Saúde. National Programme for the Promotion of Physical Activity

TYPE

Therapeutic Scheme

TIME FRAME

2019

LEVEL

National

DESCRIPTION

This is something similar to Swedish physical activity on prescription. A consultation will be coordinated by a doctor with a specialization or postgraduate degree in sports medicine, in collaboration with a professional in the field of physical exercise. Then there are other health professionals who can be involved, such as physical therapists, nurses, nutritionists and psychologists, on a case-by-case basis and by referral.

Added value: Totally free.

Target groups: People with depression will start to have physical activity consultations at the National Health Service (SNS). The initiative started in early 2019, with 13 pilot projects.

The type of physical activity, the degree of intensity (low, moderate, vigorous), session duration in minutes/day, weekly frequency, and total duration in weeks will vary depending on the prescription.

RESULTS

Still on going.

KEYWORDS

Physical activity on prescription ; Depression

EVIDENCE/RESOURCES

<https://www.publico.pt/2018/12/10/sociedade/noticia/sofre-depressao-diabetes-passar-consultas-atividade-fisica-sns-1854157>



PRACTICES FROM ITALY

IDENTIFICATION

ARISMA, Stamatula Zanetidou

TYPE

Therapeutic Scheme

TIME FRAME

1st edition in 2012, repeated each year - still ongoing

LEVEL

Local

DESCRIPTION

This project is destined for population of older adults with major depression. The Hesiod initiative includes weekly group meetings of hexameter recitation and physical exercise aimed at improving postural stability and breathing through recitation. The initiative "Una Fiaba per i Nonni ...e viceversa" (A fable for grandparents... and viceversa) is also included among the initiatives promoted by ARISMA.

RESULTS

About 20 participants each year; group with open participation.

KEYWORDS

Depression; late life; postural; breathing

EVIDENCE/ RESOURCES

<https://www.unafiabaperinonnieviceversa.it/gruppi-di-ricerca/>

IDENTIFICATION

Triathlon Project (Janssen + SIP -Italian Psychiatry Association + FITRI -Italian Federation Triathlon-)

TYPE

Study/ Review

TIME FRAME

2016/2017

LEVEL

National

DESCRIPTION

Patients with mental health problem followed by mental health public services in different Italian region are involved in Triathlon activities: cycling, swimming and running.

RESULTS

Triathlon improves quality of life: patients deal better with psychopharmacology and need fewer doses.

KEYWORDS

Mental ill patients, triathlon, rehabilitation

EVIDENCE/ RESOURCES

73

www.janssen.com

IDENTIFICATION

“Velaincontro” - Neuro-Psychoanalysis Research Institute ONLUS (private institution)

TYPE

Educational program

TIME FRAME

Since 2003, still Now

LEVEL

Local

DESCRIPTION

Through sailing patients with mental ill disorders learn how to deal better with disorders; they can improve cognition and social skills.

RESULTS

Patients seem to improve both in cognitive and affective areas

KEYWORDS

Sailing, relationships, social skills, emotions, feelings

EVIDENCE/ RESOURCES

info@ironlus.it (Dott. Carlo Di Loreto)

IDENTIFICATION

Rugby “Zebre Gialle”

TYPE

Therapeutic Scheme

TIME FRAME

Since 2016, still Now

LEVEL

Local (Treviso)

DESCRIPTION

Through Rugby patients with mental ill disorders can improve social skill and social inclusion. Patients followed by mental health services in Treviso that are living in two communities for rehabilitation (“Monigo” Community and “Olmo” Community) are members of Rugby Team “Zebre Gialle”. Massimo Cavallin and Enrico Marzati are two mental health workers that are the responsible for the team.

RESULTS

Patients seem to improve especially in social inclusion (not evidence based)

KEYWORDS

Rugby, relationships, social skills, mental ill patients

EVIDENCE/ RESOURCES

76

www.aulss2.veneto.it

IDENTIFICATION

Nordic Walking, San Claudio community in collaboration with Macerata Nordic Walking

TYPE

Therapeutic Scheme

TIME FRAME

Since 2014, still Now;

LEVEL

Local (Macerata, Marche)

DESCRIPTION

Patients used to practice Nordic Walking once a week to improve psycho social well-being and to promote Rehabilitation

RESULTS

Patients seem to improve Quality of life (not evidence based)

KEYWORDS

Nordic walking, psycho-social rehabilitation

EVIDENCE/ RESOURCES

www.comunitàdicapodarco.it

www.nordicwalkingmarche.it

IDENTIFICATION

Bufali Rossi Team. (mental health services in collaboration with association SOSTEGNO OVALE)

TYPE

Therapeutic Scheme

TIME FRAME

From 2014, still Now;

LEVEL

Local (Parma)

DESCRIPTION

Patients followed by public mental health services are included in a Rugby Team called "Bufali Rossi". They usually train once a week and are also involved in competition.

RESULTS

Patients through rugby try to deal better with mental disorders and try to develop social skills and socialize.

KEYWORDS

Mental ill patients, rugby, social inclusion

EVIDENCE/ RESOURCES

79

www.sostegnoovale.it

IDENTIFICATION

Danza in Libertà (Dance in freedom)

TYPE

Therapeutic Scheme

TIME FRAME

Since 2019, still Now;

LEVEL

Local (Toscana)

DESCRIPTION

Patients followed by public mental health services are included in dancing;

RESULTS

Patients deal better with their disorders. Dance, through music rhythm and movements, improves self-esteem and self-knowledge

KEYWORDS

Dance, movements, mentally ill patients, rehabilitation

EVIDENCE/ RESOURCES

www.uisptoscana.it

IDENTIFICATION

A.R.T.I.C.S groups of non-competitive sport associations

TYPE

Therapeutic Scheme

TIME FRAME

Not reported. Still, active as project

LEVEL

National

DESCRIPTION

There are many sport activities both for people with mental health problem and for people with not mental problem. The aim is social inclusion through many activities such as volleyball, football.

KEYWORDS

Football, volleyball, sport, inclusion

EVIDENCE/ RESOURCES

artics.toscana@gmail.com

IDENTIFICATION

A.R.T.I.C.S groups of non-competitive sport associations

TYPE

Therapeutic Scheme

TIME FRAME

Not reported. Still active as project

LEVEL

National

DESCRIPTION

There are many sport activities both for people with mental health problem and for people with not mental problem. The aim is social inclusion through many activities such as volleyball, football.

KEYWORDS

Football, volleyball, sport, inclusion

EVIDENCE/ RESOURCES

artics.toscana@gmail.com

COUNTRY

Italy

IDENTIFICATION

“Insieme sotto rete” (“Together under the ring”).

TYPE

Therapeutic Scheme

TIME FRAME

Since 2010, still alive as a Project

LEVEL

Local

DESCRIPTION

Patients with mental health problem followed by mental health public services can join Tennis actives and then also competition. This is possible through the collaboration with associations Fondazione Carlo Valente onlus and New country Tennis academy (Bari)

RESULTS

Patients through Tennis can improve abilities in cognition and movements but also improve self-esteem and socialization (not evidence based)

KEYWORDS

Mental ill patients, tennis, social inclusion, rehabilitation



EVIDENCE/ RESOURCES

www.fondazionecarlovalente.it

IDENTIFICATION

Judo

TYPE

Therapeutic Scheme

TIME FRAME

2019/2020

LEVEL

Local (Puglia)

DESCRIPTION

Patients with mental health problem followed by mental health public services weekly are used to practise Judo. This is possible through the cooperation of association “Carlo Valente Onlus” and Public Mental Health Services in Puglia.

RESULTS

This sport activity improves social inclusion

KEYWORDS

Mental ill patients, judo, rehabilitation

EVIDENCE/ RESOURCES

www.fondazionecarlovalente.it

IDENTIFICATION

Horse Riding

TYPE

Therapeutic Scheme

TIME FRAME

Still active as a project (not reported in beginning)

LEVEL

Local (Puglia)

DESCRIPTION

Patients with mental health problem followed by mental health public services are involved in Horse Riding. This is possible through the cooperation of association “Carlo Valente Onlus” and Public Mental Health Services.

RESULTS

KEYWORDS

Mental ill patients, Horse riding, rehabilitation

EVIDENCE/ RESOURCES

www.fondazionecarlovalente.it

IDENTIFICATION

Tutti insieme in Barca a Vela (sailing all together!)

TYPE

Therapeutic Scheme

TIME FRAME

2012

LEVEL

Local (Puglia)

DESCRIPTION

Patients with mental health problem followed by mental health public services are involved in sailing. This is possible through the cooperation of association “Carlo Valente Onlus” and Public Mental Health Services.

RESULTS

KEYWORDS

Mental ill patients, sailing, rehabilitation

EVIDENCE/ RESOURCES

www.fondazionecarlovalente.it

IDENTIFICATION

Integrated Football (Stintino, Sardegna) Csen

TYPE

Therapeutic Scheme

TIME FRAME

Since 2017

LEVEL

Local (Sardegna)

DESCRIPTION

Patients with mental health problem followed by mental health public services in Sardinia are involved in football activities.

RESULTS

Football seems to improve social skills and socialization

KEYWORDS

Mental ill patients, football, rehabilitation

EVIDENCE/ RESOURCES

csen.sardegna@virgilio.it



IDENTIFICATION

“Double A Project” Autism-Athletics

TYPE

Therapeutic Scheme

TIME FRAME

Actually present as a project (not reported in beginning)

LEVEL

Local (Milano, Lombardia) Italy

DESCRIPTION

Patients with psychosocial problems and that live in community are included in athletics activities.

RESULTS

Patients socialize more and develop self-esteem and autonomy and social skill training.

KEYWORDS

Autism, rehabilitation: autonomy, self-esteem, inclusion

EVIDENCE/ RESOURCES

www.atleticameneghina.com

IDENTIFICATION

Sporting...minds

Comitato UISP Sassari

Emanuela Serra - Responsabile area disabilità Uisp Sassari

Antonello Pittalis - Psychiatrist CSM of Sassari

TYPE

Educational and Training Program

TIME FRAME

2013-2014

LEVEL

Local

DESCRIPTION

The UISP association of Sassari, in collaboration with the Department of Mental Health, has introduced sport activity into the normal activities of the CSM (mental health centre), addressing patients suffering from mental disease in order to improve the quality of life and to promote their rehabilitation and social inclusion.

The experience of Sassari, included in a national project, has allowed the development of a methodological model validated by a scientific committee. The methodological guide has highlighted the significant improvement in health and quality of life of participants following the sport practice.

This approach was then "exported" to Lebanon through the training of operators of the Al Fanar psychiatric hospital and the Kanafani Foundation, an institution that welcomes about 230 young Palestinians.

The training of the operators led to the implementation of sports practice inside the psychiatric hospital and of the Kanafani Institute and saw the construction of two great sport events in the city of Saida.

RESULTS

KEYWORDS

Mental health, sport

EVIDENCE/ RESOURCES

<http://www.uisp.it/sassari/pagina/cinque-domande-a-loredana-barra-responsabile-della-formazione-per-sporting-minds>

<http://www.uisp.it/nazionale/files/principale/01SEZIONI/polSociali/sintesi%20schede%20presentazioni%20salute%20mentale.pdf>

IDENTIFICATION

Progetto "Sport, disagio ed integrazione" (tennis club salerno)

TYPE

Therapeutic Scheme

TIME FRAME

2011

LEVEL

Local

DESCRIPTION

The project takes place at the sports facilities in Salerno. Trainings are thought for the different motor and psychic skills of participants.

Physical or mental disability can hinder reintegration into the social context and the risk is that the subject become asthenic, unmotivated and abulic and the object of medical and non-medical treatment, which he suffers passively.

In order to avoid this process, it is necessary to create a suitable context in which the stimuli are adequate to the individual condition of each person. In this way, new interests can be proposed, creating the conditions for an adequate motivation, in order to actively reconstruct a good quality of life.

RESULTS

The expected results are:

- To help and support people with disabilities in the discovery of their own resources, in the recognition of their potential and to develop their planning skills and their own self-orientation faculties;
- To help people with disabilities to express their individual skills and creativity, to develop the ability deriving from play and to live their life as a protagonist;
- To encourage participants, through sport experience, to acquire confidence in themselves and in others to establish peaceful relationships with the context that surrounds them;
- To prevent the process of social exclusion through the sharing of sport practice and the promotion of social participation;
- To promote, support and strengthen associative experiences between social and sport operators.

KEYWORDS

Sport, psychiatric disability.

EVIDENCE/ RESOURCES

<https://sites.google.com/site/tennisclubdisalerno/progetto-sport-e-disabili>

http://www.comune.salerno.it/client/scheda_news.aspx?news=2724&stile=7&prov=4

410

IDENTIFICATION

Project “Matti per il calcio” (Crazy for football)

Lega Nazionale Calcio UISP (National League for football UISP)

Alessandro Baldi – responsible for Lega Nazionale calcio UISP

TYPE

Therapeutic Scheme

TIME FRAME

Every year from 2007

LEVEL

National

DESCRIPTION

Project “Matti per il calcio” (Crazy for football)

Lega Nazionale Calcio UISP (National League for football UISP)

Alessandro Baldi – responsible for Lega Nazionale calcio UISP

RESULTS

-

KEYWORDS

Mental health, football



EVIDENCE/ RESOURCES

<https://www.crazyforfootball.org/>

IDENTIFICATION

Sociolimpiadi

Comitato UISP Padova

Monica Fiorese – responsible for UISP projects and activities in Padova

TYPE

Campaign

TIME FRAME

Every year from 2010

LEVEL

Local (Padova)

DESCRIPTION

"Sociolimpiadi" is an event organized in agreement with the Department of Mental Health of ULSS 16.

After a path of physical and sport activity during the year, users and operators challenge each other in a variety of games, tests and cognitive-motor exercises. The activities are planned by the group of Uisp instructors from the Mental Health Area, with the aim of making people live a day of socialization through moments of play and physical activity. The event was born from the desire to involve all users of daytime and residential facilities of the DSM of ULSS 16 within a recreational-sporting event adapted for the abilities of individuals and groups.

RESULTS

-

KEYWORDS

98

Mental health, physical activity

EVIDENCE/ RESOURCES

<http://www.uisp.it/nazionale/files/principale/01SEZIONI/polSociali/sintesi%20schede%20presentazioni%20salute%20mentale.pdf>

IDENTIFICATION

Progetto "Montagnaterapia" (mountain therapy)

CAI S.Polo di Piave e CSM Oderzo

Dott. Angelo Brega

TYPE

Therapeutic Scheme

TIME FRAME

-

LEVEL

Local

DESCRIPTION

This is an activity organized by the mental health center (CSM) which is part of the ULSS 9 of Treviso, with the collaboration of private social cooperatives ("Kalamita" and "Il Girasole") and the CAI of Oderzo and San Polo of Piave.

The group is made up of patients of the CSM and the "il Porto" day center; operators from the public and private social services participate in the outings. The activity mainly consists in trekking, with the guide of CAI excursion group of Oderzo. There are also experiences of climbing, at the "Sportler climbing center" gym in Treviso and the CAI gym in San Polo di Piave.

RESULTS

100

The benefit of physical activity are:

- On cardio circulation, respiratory capacity, weight, glycemic control;
- The promotion of a healthy lifestyle (reduced smoking, adequate diet), and greater attention to self-care (think of the need to equip yourself with appropriate clothing, to prepare a backpack, etc.).
- There is also solid evidence on the antidepressant effect of physical activity
- The possibility of knowing one's limits in an unusual environment: fatigue, fear of exposure, cold, without this involving a real danger. This increases self-esteem and self-efficacy.
- The contact with the relatively uncontaminated natural environment is an important step: we consider that our patients spend a lot of time at home or in the services.
- The mountain context makes possible a "different" experience, both in the user group and in the relationship with operators.
- The role of volunteers is very important: patients can establish relationships that go beyond Montagnaterapia, creating a valid intervention of social interaction and fight against stigma.

KEYWORDS

Mental health, Mountain-therapy.

EVIDENCE/ RESOURCES

<https://www.ilmountainrider.com/natura/salute-e-montagna-la-montagnaterapia/>

IDENTIFICATION

Comitato UISP Lazio Sud-est.

Progetto A.F.A. Export-Sport (Physical activity adapted for the promotion of the right to health and lifestyles active: sports psychosocial rehabilitation).

Marco Aresti - expert in physical activity adapted to psychic and social distress.

TYPE

Therapeutic Scheme

TIME FRAME

Every year from 2006

LEVEL

Local

DESCRIPTION

Sport, recommended for all ages as a means of prevention, treatment and rehabilitation, is used in this project for its particular rehabilitation and prognostic value in mental pathology in the psychopathological evolution of the disease because it counteracts its chronicization.

RESULTS

The project aims are:

- 1) experimenting in the A.U.S.L. Frosinone the operating module "S.P.O.R.T." (Psychosocial Sport in the Territorial Rehabilitation Organization);
- 2) to determine a process of de-stigmatization of the patient with psychic disease through the use of territory and its resources;

- 3) orienting users to the use of the various sport disciplines provided (football, volleyball, swimming, Nordic walking, athletics);
- 4) significant reduction in hospital admissions, with consequent reduction in economic cost of healthcare.

KEYWORDS

Mental health, sport

EVIDENCE/ RESOURCES

<https://www.google.com/search?q=progetto+afa+export+sport+lazio&oq=progetto+afa+export+sport+lazio&aqs=chrome..69i57.8988j0j7&sourceid=chrome&ie=UTF-8#>
<http://www.uisp.it/nazionale/files/principale/01SEZIONI/polSociali/sintesi%20schede%20presentazioni%20salute%20mentale.pdf>

IDENTIFICATION

“Artics” project

Comitato UISP Toscana

Renato Russo – Artics president

TYPE

Therapeutic Scheme

TIME FRAME

2014/2015

LEVEL

Regional (Toscana)

DESCRIPTION

Artics - the Regional Inclusion Culture and Sport Association in Toscana - is a coordination of associations that, starting from mental health services, uses sports as a tool for psychiatric rehabilitation and to promote social inclusion and accessibility to citizenship rights.

RESULTS

-

KEYWORDS

Mental health, sport.

EVIDENCE/ RESOURCES

<https://www.csitoscana.it/file/trofeo-regionale-artics-csi-cu1.pdf>

IDENTIFICATION

Project "Liberi di essere tutti campioni"

Comitato UISP Lombardia - Campionato regionale calcio DSM

Daniela Molinari - Coordinatrice DSM (Department of mental health) and president of the sport center Bonola Boys (team that participates in the championship)

TYPE

Campaign

TIME FRAME

Every year from 2009

LEVEL

Regional

DESCRIPTION

The championship sees the participation of teams composed by operators and patients of DSM (mental health departments) of hospitals in Lombardia and it finishes with a final party in which football is used to break down the wall of prejudice. The protagonists of this football tournament are more than 250 athletes-managers coming from 15 different teams.

RESULTS

-

KEYWORDS

Mental health, football.

EVIDENCE/ RESOURCES

<https://www.uildm.org/liberi-di-essere-campioni>

IDENTIFICATION

Project “Compagni di cordata”

UISP (Unione italiana sport per tutti)

TYPE

Therapeutic Scheme

TIME FRAME

2014-2015

LEVEL

National (10 regions from Piemonte to Sicilia)

DESCRIPTION

“Compagni di cordata” is a UISP project funded by the Ministry of Labor and Social Politics under the law 383/2000. It took place in 10 Italian contexts, from Piemonte to Sicilia. In Trentino, UISP collaborated with the prior cooperative and the Mental Health Center: six volunteers and four operators have guided a group of ten girls and boys to discover the mountain.

RESULTS

Participants: 150 from 16 to 30 years old, with or without disabilities.
This project helped participants to discover their value and skills.

KEYWORDS

Mental health, mountain

EVIDENCE/ RESOURCES

Comitato UISP Trentino – Compagni di cordata

<http://www.uisp.it/progetti/pagina/compagni-di-cordata>

IDENTIFICATION

Progetto "Pratospilla: tra sport e integrazione"

TYPE

Therapeutic Scheme

TIME FRAME

2015-2016

LEVEL

-

DESCRIPTION

The initiative is made possible thanks to the support of the hotel and ski facility in Pratospilla and consists in organize weekends in ski resorts of Apennines.

The experience is engaging for all participants and it's extended the initiative to people with or without disabilities allowing the comparison between people. The initiative is promoted also within university circles, involving a large target of people.

RESULTS

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KEYWORDS

Mental health, skiing



EVIDENCE/ RESOURCES

Stefano Curti - Asd Skirace president

IDENTIFICATION

PGS Happy Sport

TYPE

Therapeutic Scheme

TIME FRAME

Every year from 2001

LEVEL

Local

DESCRIPTION

Happy sport is a project of sport activity followed by UISP qualified staff for users of mental health centers in Modena. There are weekly sports workshops. The Happy sport path also promotes and realizes some events and initiatives such as matches, outdoor sports, in a logic of integration and sociality, involving also realities of other cities and people willing to stay together.

Happy sport is realized in collaboration with the department of mental health of the AUSL of Modena.

The sport project is also for schools and children aged 11 to 15 who, for various reasons (shyness, poor coordination skills, financial difficult, etc.) do not attend or prematurely leave agonistic and competitive sport, all children with disabilities or reported D.S.A. (learning specific disorder) and B.E.S. (with special educational needs).

In collaboration with physical education professors, they verified through questionnaires that about 99% of children with disability are not involved in sport activity.

The aim is to create the ideal sport context that helps children to joyfully experience the potential and the limits of their bodies. The integration and the inclusion of children with cognitive and relational difficulties will allow an exchange of skills and acceptance of one's uniqueness.

RESULTS

Expected results: raising awareness about the importance of sports for a healthy lifestyle; increasing the level of cognitive, relational, physical and motor skills; promoting meaningful experiences aimed to a harmonious development of the personality; development of self-esteem, autonomy, motivation and self-efficacy; improving psycho-physical well-being; creating cohesion, integration and inclusion; promoting true values of sport among families and young people.

KEYWORDS

Mental health service, sport, integration

EVIDENCE/ RESOURCES

Russo Ruggero 3486423573

pgsrimini@gmail.com

Andrea Abate – UISP Project Modena

IDENTIFICATION

Work group “Interventi Terapeutici con gli Animali” composed by the psychologists and psychotherapists Stefania Pecora, Yann Ballestra, Loredana Giacosa, Valentina Scimone, Elisa Zanelli.

“The specificity of the psychologist in therapeutic interventions with animals”-Progetto Ippoterapia SICE “Pindaro”

TYPE

Therapeutic Scheme

TIME FRAME

2019

LEVEL

-

DESCRIPTION

Many studies tried to define the role of animals in therapeutic interventions. The work group presented a meta-analysis on assisted therapies with animals. Finally, they tried to build a theoretical frame of reference by comparing the situation in Italy and France.

RESULTS

Tests demonstrate the psychological benefits of hippo therapy.

Evidence based studies showed significant variations of important physiological parameters, such as decreased heart rate, blood pressure, cortisol, and increased release of oxytocin.

KEYWORDS

Animal therapy, hippotherapy

EVIDENCE/ RESOURCES

<https://www.ordinepsicologi-liguria.it/wp-content/uploads/2019/10/ITA-terapia.pdf>

IDENTIFICATION

Sport e riabilitazione

TYPE

Therapeutic Scheme

TIME FRAME

-

LEVEL

Local (utenti del Centro Diurno psichiatrico del C.S.M. di Manduria della'ASL TA\1)

DESCRIPTION

The project had as general objectives the start-up of the minivolley and the resocialization for the users of the Psychiatric Day Center of the C.S.M. of Manduria.

RESULTS

The game can help to emerge from the metaphorical barriers of hiding from the other's gaze. This can especially help chronic psychotic patients whose psychotic closure is the expression of their anguish in exposing themselves to intense experiences, and therefore of the lack of confidence in their ability to be with others.

KEYWORDS

Psychiatric rehabilitation,sport

EVIDENCE/ RESOURCES

Rivista di Psicologia Clinica n.1 – 2010, Sport e riabilitazione: resoconto di un'esperienza di riabilitazione psichiatrica attraverso lo sport

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwitmfSbxrjrAhUPtYsKHQFxBUoQFjABegQIARAB&url=http%3A%2F%2Fwww.rivista.dipsicologiaclinica.it%2Fajs%2Findex.php%2Frpc%2Farticle%2Fdownload%2F212%2F301&usq=AOvVaw1nTUQt4diHr1xNsTLdAYk8>

IDENTIFICATION

Michele Gross, "Foggia: lo sport come riabilitazione psichiatrica"

TYPE

Article

TIME FRAME

2013

LEVEL

Local (Foggia)

DESCRIPTION

The objectives of the project's activities were: to create and support sports practices for people who experience a physical or mental disability, for volunteers, operators or sports technicians, with the aim of encouraging the creation of spaces and places of social integration; to realize a process of socialization and integration through integrated groups; to raise the awareness of the entire community on the issue of mental and physical disabilities by offering an example of practices aimed at social and cultural integration; to develop a culture of sporting activities that is particularly attentive to aspects of society, well-being and autonomy for everyone.

RESULTS

In a person with a handicap, frustrations are permanent and socialization is necessary to overcome them: when he becomes frustrated as he realizes that he is not like others, it is necessary to help him, encourage him, push him to participate with others in sports competitions not to win, but to participate in the competition, as this is already a

success. This form of therapy, of success, is in contrast with the old therapy that medicalized isolating.

Sport allows psychosocial integration through participation and the possibility of releasing tensions, it strengthens character and ability; in the end it makes the person more independent.

KEYWORDS

Sport, psychiatric rehabilitation

EVIDENCE/ RESOURCES

<http://www.news-forumsalutementale.it/foggia-lo-sport-come-riabilitazione-psichiatrica/>

IDENTIFICATION

Mauro D'Alonzo, psychiatrist, rugby player and creator of the Atipici Rugby Bari project

TYPE

Article

TIME FRAME

From 2014

LEVEL

Local (Bari)

DESCRIPTION

Rugby as a rehabilitation programme for those suffering from mental illness.

The Atipici team was born in 2014 from the “Uniti alla meta” project, with the aim of promoting, as in the Veneto region and elsewhere, integrated rugby as a tool for social change, making possible the reintegration and psychic integration of people with experiences of discomfort of different type. Created with the patronage of the Municipality of Bari and Federugby Puglia, it has been supported over time by many realities, including the Asd Tigri Rugby Bari, some local social cooperatives (La Zarzuela, Spazi Nuovi, Apollo, etc.), some Centers of mental health of Bari and province.

The purpose is to transform a sport experience into a chance of change and liberation, regardless of the psychic discomfort.

RESULTS

The patients feel more encouraged to overcome their fears, with the awareness that they are not alone. They have opened up to dialogue and to relationships. Being part



of the Trust network, which also involves other integrated rugby realities in Pontedera, Milan, Colorno and Cremona, helps them.

KEYWORDS

Integrated rugby

EVIDENCE/ RESOURCES

https://www.superabile.it/static-rivista/2018/12/superabile_magazine_201812.pdf

IDENTIFICATION

G.S Bellaria Cappuccini

TYPE

Therapeutic Scheme

TIME FRAME

From 2014

LEVEL

Local (Pisa)

DESCRIPTION

Bellaria Solidarity ODV is a voluntary association that was created with the aim of promoting the development, within the Polisportiva Bellaria Cappuccini and the City of Pontedera, of sports and motor practice for people suffering from psycho-social discomfort through collaboration with the Valdera Adult Mental Health Functional Unit (UFSMA), the Valdera Social Service and the ARTICS (Regional Association of Tuscany Inclusion of Sport and Culture).

The project aims to promote integrated rugby as a tool for social change, aimed at developing and strengthening resilience skills. The intervention uses rugby as a rehabilitation tool in the therapeutic path of people with discomfort, through a multidisciplinary work of management, help and motivation, aimed at the acquisition of personal autonomy and the enhancement of global, individual, relational and social performance.

RESULTS

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KEYWORDS

Integrated rugby

EVIDENCE/ RESOURCES

roberta.guerra@gmx.com

(Psychologist, Cognitive Behavioral Psychotherapist and EMDR Therapist.

She arrived at Pontedera Adult Mental Health as a trainee in 2014, there she came into contact with the world of psychiatric rehabilitation and Bellaria Solidarity.

In Bellaria solidarity she deals with the cognitive aspects related to rehabilitation, also combining her passion for studying the brain and the effects of physical activity on mental health.) <http://www.gsbellaria.it/>

IDENTIFICATION

Project "La testa nel Pallone" Acsi Comitato Provinciale di Lecce

TYPE

Campaign

TIME FRAME

From 2007

LEVEL

International

DESCRIPTION

"La Testa nel Pallone" is a football tournament in which the Association of Italian Sports Centers (ACSI), in collaboration with the Department of Mental Health of the ASL Lecce, involved teams made up of users of the Departments of Mental Health, of Polisportive and Associations of the national territory and of some European countries, in particular England, Hungary and Ukraine.

It's organized by the Acsi Provincial Committee of Lecce and it's an international sport event but also a moment of social inclusion for all young and old people who live difficult situations in the mental health centers located in the Italian territory and abroad. The project was born in 2007 and has grown exponentially over the years. "La Testa nel Pallone 2017" edition took place from 25 May to 2 June in Lecce and saw the participation of 28 Italian teams from Puglia, Lazio, Campania, Umbria, Val D'Aosta, etc. and foreign teams from France, England, Spain, Ukraine, Hungary, etc.

The project consists in different activities such as football tournaments with patients with mental, cognitive and relationship disabilities and cultural and touristic activities, for example guided tours in the beautiful places and beaches of Salento.

RESULTS

Football represents a low-cost tool for social inclusion, and becomes, as an activity proposed within the traditional rehabilitation settings of the Mental Health Departments in Italy, and of psychiatry services around the world, an important key to access to situations with risk indicators for psychopathological developments (social withdrawal, loss of interests, conflict in family relationships), where it is difficult to take charge with traditional methods.

KEYWORDS

Football, psychiatric rehabilitation

EVIDENCE/ RESOURCES

https://www.sanita.puglia.it/web/asl-lecce/archivio_news_det/-

[/journal_content/56/25176/riabilitazione-e-salute-mentale-la-funzione-dello-sport-per-l-integrazione-e-la-reinclusione-sociale](#)

IDENTIFICATION

Project "La testa (e le mani) nel pallone

Associazione Centri Sportivi Italiani and Dipartimento di Salute Mentale ASL Lecce

TYPE

Campaign

TIME FRAME

From 2019

LEVEL

International

DESCRIPTION

The sport event sees the participation of football and beach volley teams made up of users and operators from the Departments of Mental Health, Psychiatric Rehabilitation Communities and Associations from all over Italy and from some European countries such as England (London and Liverpool), Hungary (Budapest and Pecs) and Ukraine (Lviv).

The Italian teams are from Valle d'Aosta, Piemonte, Lombardia, Liguria, Emilia-Romagna, Umbria, Marche, Lazio, Abruzzo, Campania, Basilicata, Calabria, Sardegna and Puglia.

The event is the culmination of the "La Testa nel Pallone" project, which uses sports as an unusual tool to face up to the problem of mental illness, giving participants the opportunity to become protagonists, and to socialize, allowing - at the same time - the strengthening or recovery of physical abilities and the developing of the resources of socially weak subjects, going beyond clinical "therapeutic" work.

Furthermore, another aim is to raise awareness about the issue of mental distress, which generates the possibility, for people otherwise excluded from normal social circuits, to practice a sport.

Thanks to the involvement not only of users, but also of family members and volunteers, the tournament has thus become over time an opportunity to create a circuit of international integration through the exchange of cultural models, using a universal language such as football which is able to bring together people from different cultures.

RESULTS

This project is the culmination of a larger work in terms of rehabilitation, therapy and occupational reintegration that involves many patients and that is producing great results.

All this is aimed at promoting the psycho-social well-being of patients, but also at building life paths in which they feel fully realized.

Thanks to the considerable commitment of many people, the sport event has grown steadily over the years, powered by the desire of young people to create new relationships and community.

They live football like everyone else, they fight for a penalty, they give everything on the football field and then rejoice for a goal, and they are happy to participate.

The event is now enriched by the beach volleyball tournament, useful as it involves women breaking down frontiers or barriers.

KEYWORDS

Beach volley, football, psychiatric rehabilitation

EVIDENCE/ RESOURCES

Associazione Centri Sportivi Italiani and Dipartimento di Salute Mentale ASL Lecce

https://www.sanita.puglia.it/web/asl-lecce/news-in-archivio_det-/journal_content/56/25176/torneo-internazionale-la-testa-e-le-mani-nel-pallone-calcio-e-beach-volley-per-battere-la-malattia-mentale

IDENTIFICATION

Associazione "Fuorigioco Onlus"

TYPE

Campaign

TIME FRAME

From 2007

LEVEL

Local

DESCRIPTION

The "Fuorigioco - Onlus" Sports Association was created by some operators, volunteers and patients of different Mental Health structures, who followed a path that began with the event in July 2008, called "Fuorigioco: un calcio alla discriminazione", organized in collaboration with the Department of Mental Health (DSM) for the 30th anniversary of law 180.

From there a tournament called Fuorigioco developed and after two years of matches and trainings, in 2010, the Onlus Fuorigioco Association was founded.

RESULTS

The association promotes sport as a possible treatment in Mental Health sector, not to fall back into the failures of the main therapies of organic psychiatry of the past, some of which are still used today. Fuorigioco doesn't want to replace the recommended pharmacological intervention or traditional therapies but intends to show the

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importance of a new re-educational path that explores the field of sports activities believing in the benefits it can bring also in the area of rehabilitation in Mental Health. The Association can be said to be innovative because it uses sport experiences for the construction of stable realities and not for mere entertainment. It creates a path in which physical, emotional and relational work allows people to self-determine within a project, as broad as possible, which themselves will contribute to build. Sports activities have the function of entertainment and socialization, but they are also fully part of the rehabilitation project and can represent a bridge for social reintegration. Physical activity and sport teach to respecting rules and promote introduction and respect for them, and they indicate common goals to choose and pursue. Furthermore, sport develops self-awareness, allows the communication of experiences and emotions and stimulates creativity.

The result of this project was an unexpected relational success.

KEYWORDS

Stigma; sports

EVIDENCE/ RESOURCES

Email: zuccafrancesco62@gmail.com

Telephone: 3397118930

<https://www.facebook.com/AssociazioneFuorigiocoONLUS/>

IDENTIFICATION

ANPIS (Associazione Nazionale Polisportive Per l'Inclusione Sociale)

TYPE

Therapeutic Scheme

TIME FRAME

From 2000

LEVEL

National

DESCRIPTION

A.N.P.I.S. is an association of sports clubs founded in 2000. It has 3000 members that belong to 82 associations all over Italy. They are an instrument of social promotion, and they fight against marginality through the promotion and implementation of non-competitive sports activities.

The sports clubs were born from the activity of operators and users of public services and social cooperatives in the mental health sector. ANPIS is now established at a national and also at a regional level. Active members of these sports clubs are also people with mental discomfort who join and participate in all the sport and cultural activities promoted.

Anpis brings a clear proposal: the concept of rehabilitation must be included in a process of prevention and promotion of mental health, involving institutions, the private social sector, the society, families, associations, volunteering and schools.

RESULTS

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KEYWORDS

Social inclusion

EVIDENCE/ RESOURCES

<https://www.anpis.it/index.php/it/eventi/575-riflessione>

direttivo@anpis.it

anpisinternational@anpis.it

IDENTIFICATION

Sport per il benessere e l'inclusione sociale. L'esperienza di Auxilium.

TYPE

Therapeutic Scheme

TIME FRAME

-

LEVEL

Local

DESCRIPTION

It's a sport project with basket and football teams in which patients from mental health services play.

RESULTS

- Development of physical skills and concentration: technical results, physical fitness, absence of physical problems.
- Development of self-knowledge, through the discovery of strengths and limits: the strength of teamwork.
- Group sharing of experiences and emotions: post-training feedback and meetings in the structures they belong to.
- Development of physical and mental well-being through team activity.
- Fight against stigma.

KEYWORDS

Inclusion; basketball; football

EVIDENCE/ RESOURCES

<http://www.riabilitazionepsicosociale.it/wordpress/wp-content/uploads/2017/11/lorusso.pdf>

Ketti Lorusso: Educatore Professionale

www.mondoauxilium.it

amministrazione@mondoauxilium.it

IDENTIFICATION

Dott.ssa Alberti Marta

“Psychomotor therapy and mental health in patients with psychotic disorder: a comparison between an Italian and a Belgian experience.”

Fitness therapy Villa Santa Chiara.

TYPE

Therapeutic Scheme

TIME FRAME

From 2004

LEVEL

Local

DESCRIPTION

The psychiatric clinic Villa Santa Chiara uses physical exercise (Fitness therapy) to improve health and to promote independence in patients. There is an informal interaction between the motor educator and the therapeutic team. The objective was to lead patients to the knowledge of their potential and to use it and to teach them to manage their emotional and physical life.

1 hour of fitness therapy 2 times/week in groups composed by 5/6 people.

RESULTS

Patients achieved better self-awareness, acceptance of their body and improved motor skills.

KEYWORDS

Fitness therapy (FT)

EVIDENCE/ RESOURCES

<https://www.ausl.re.it/sites/default/files/4Alberti.pdf>

IDENTIFICATION

Giuliani Alessandra, Staffieri Michela, Masedu Francesco, Valenti Marco, "Motor activity programme effectiveness related with anxiety reduction in adult psychiatric patients."

TYPE

Scientific article

TIME FRAME

-

LEVEL

Local (Centro Semiresidenziale della A.S.L. di L'Aquila)

DESCRIPTION

AIM: A non-randomised/non controlled intervention study was set up in order to compare the anxiety changes in people with mental illness after they had taken part to adapted motor activities programme within three months.

Method: Twenty adult people, both male and female, suffering from severe mental illness have taken part to the study. The motor programme has been carried out in group, but individualized; it was based on different physical exercises and relaxation. The anxiety changes have been evaluated both before the motor activity beginning and at the end of the three months study. The STAI (State —Trait Anxiety Inventory) Shape Y tests and the SQ (Symptom Questionnaire) Scale were used in the present study.

RESULTS

After twelve weeks the group has shown a reduction in usual anxiety, which has been checked by STAI — Shape Y 2 tests.

KEYWORDS

Psychiatric patients, anxiety, adapted motor activity

EVIDENCE/ RESOURCES

Università dell'Aquila

Giuliani Alessandra.

Facoltà di Scienze Motorie

Via Cardinale Mazzarino

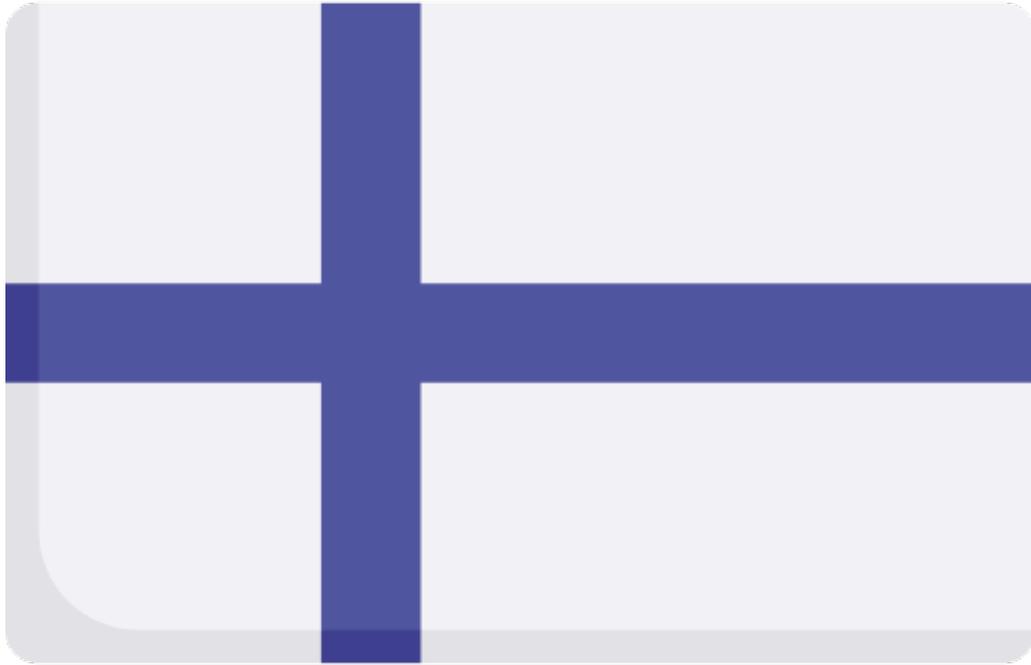
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<http://www.psychiatryonline.it/node/1276>



PRACTICES FROM FINLAND

IDENTIFICATION

Hanna Öhman, Rehabilitation and Care Services, City of Helsinki Hospital, PO Box 0660 FI-00099 Helsinki (Finland), E-Mail hanna.ohman @ hel.fi

TYPE

Study/ Review

TIME FRAME

1st edition

LEVEL

European

DESCRIPTION

The aim of this study was to systematically review the evidence from randomized controlled trials (RCTs) of the effects of physical exercise on cognition in older subjects with MCI or dementia. The effectiveness of exercise interventions in older individuals already suffering from mild cognitive impairment (MCI) or dementia.

Target Groups: Older people with MCI or dementia living in community.

Type Of Exercise-periodicity: The duration varied from 6 weeks to 12 months. Most frequent type of exercise was walking, followed by strength training, ergo cycling and Tai Chi. Intensity varied from light to moderate, sessions from 2 to 5/weeks, 30 minutes to 2 hours/session.

RESULTS

22 studies incorporated into this systematic review included 1,699 participants. The number of participants in the trials varied from 21 to 389. Eight (8) studies were performed in subjects with MCI (n = 1,021) and 14 in patients with dementia (n = 678).
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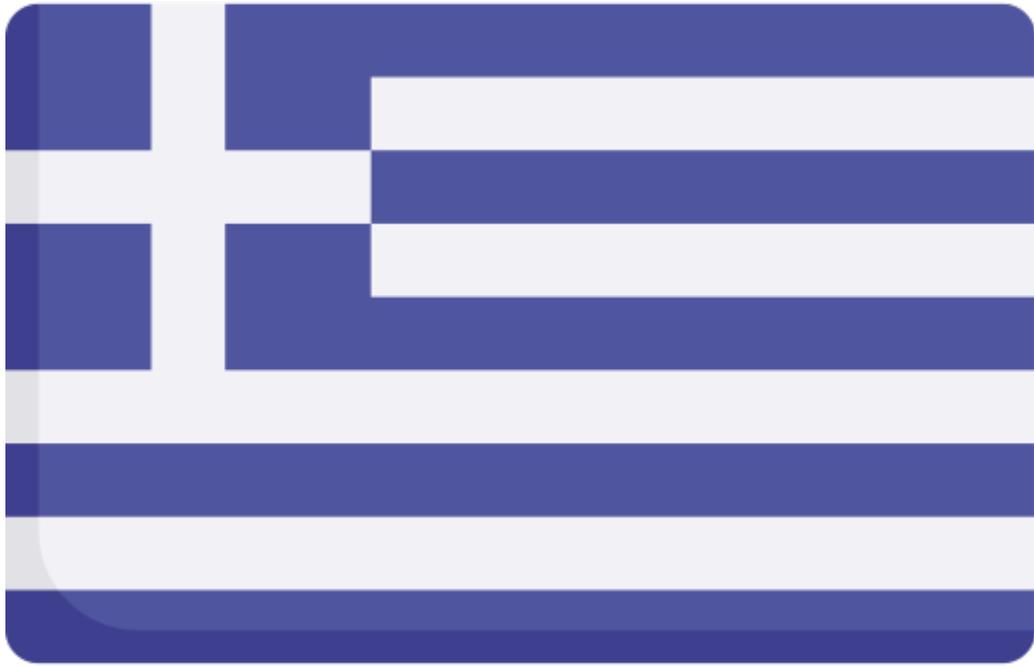
The studies on older subjects with MCI reported some positive effects of physical exercise on cognition, mainly on global cognition, executive function, attention and delayed recall. However, most studies performed on older subjects with dementia showed no effect of exercise on cognition.

KEYWORDS

Cognition, Dementia, Mild cognitive impairment

EVIDENCE/RESOURCES

Öhman, H., Savikko, N., Strandberg, T. E., & Pitkälä, K. H. (2014). Effect of physical exercise on cognitive performance in older adults with mild cognitive impairment or dementia: a systematic review. *Dementia and geriatric cognitive disorders*, 38(5-6), 347–365. <https://doi.org/10.1159/000365388>.



PRACTICES FROM GREECE

IDENTIFICATION

Ioannis Kotsialos.

Master Thesis, Postgraduate Programme: Environmental, Disaster & Crises Management Strategies. National & Kapodistrian University of Athens, Department of Geology & Geoenvironment.

TYPE

Study/ Review

TIME FRAME

2018

LEVEL

Local

DESCRIPTION

The main objective of the study will be to illustrate the impact degree of physical activity on people affected by disasters and crises and particularly on sensitive social groups such as children both inside and outside the school environment. An extensive bibliographic review will be undertaken to highlight the importance of planning and implementing physical activity programmes. Finally, it will be investigated the way sports and physical activity can help people build their mental resilience to overcome disaster wounds.

RESULTS

The psychosocial effects caused by disasters and crises are as important as direct material damages and physical injuries. A psychosocial intervention tool, which must be incorporated into overall rehabilitation programmes after disasters and crises, is

144

physical exercise. Physical activity is conscious, pedagogically invented voluntary movements, aiming at achieving a positive physical effect on physical and kinetic development and evolution of the practitioners. At the same time, it induces positive feelings in individuals regardless of their age, such as emotional balance, emotional euphoria, satisfaction and optimism, while also improving their cognitive and mental functions.

KEYWORDS

Children, Crisis and catastrophe

EVIDENCE/RESOURCES

<https://pergamos.lib.uoa.gr/uoa/dl/frontend/file/lib/default/data/2672949/theFile/2673225>

IDENTIFICATION

Maggouritsa Georgia, University of Thessaly, Department of Physical Education and Sport Science, Trikala, Greece.

TYPE

Study/ Review

TIME FRAME

2014 (8 week exercise programme)

LEVEL

Local

DESCRIPTION

The aim of this study was to examine the effect of an exercise programme on psychological factors of patients with schizophrenia. Thirty (30) patients with schizophrenia separated in three groups (control group, experiment group A and experiment group B) of 10 individuals, took part in an eight weeks exercise programme combining physical activity with token economy behavioral treatment. Data included the use of SF-36 Quality of Life Questionnaire (QLQ), the instrument Profile of Mood States (POMS), the Body-Cathexis Scale and the Rosenberg Self-Esteem Scale which were selected and administered prior, during, and after application of the exercise programme, as well three months after the completion of the exercise programme (follow up).

RESULTS

Experiment group B participants as compared to those of the experiment group A and control group individuals found at the end of the exercise programme as experiencing less problems with daily activities, feeling more energetic and vigorous leading to an improved mental component score, less depressed and less confused leading to an improved total mood score and with higher self-esteem referring to fewer psychological distress and social limitations. Overall, findings are encouraging concerning the effect of a combined exercise and token economy programme on improving psychological aspects of patients with schizophrenia.

KEYWORDS

Schizophrenia

EVIDENCE/RESOURCES

http://lab.pe.uth.gr/psych/images/Pdf_Journal_articles/magouritsa_phd.pdf

IDENTIFICATION

Fotios H. Mavrovouniotis, Eirini A.Argiriadou, Christina S.Papaioannou.

Sports Medicine Laboratory, Department of Physical Education & Sport Science, Aristotle University, Thessaloniki, Greece

TYPE

Study/ Review

TIME FRAME

2010

LEVEL

Local

DESCRIPTION

The aim of the present study was to examine the effect of Greek traditional dances on the improvement of old people's quality of life. A hundred and eleven subjects (75 women and 36 men) 60–91 years old, were divided into an experimental group (n = 76) which participated in Greek traditional dances and a control group (n = 35) which was discussing and watching television, both for 1 h. The Subjective Exercise Experiences Scale was used to measure positive well-being, psychological distress, and fatigue and the State-Trait Anxiety Inventory to measure state and trait anxiety respectively.

RESULTS

Correlational analyses, between the various measures taken post dance, showed that the overall set of relations between the SEES subscales and the SAI-Y1 subscale supports the criterion-related validity of this measure of exercise-induced

psychological responses. The independent groups t-tests showed that the control group in comparison to experimental group, at rest as well as on the second measurement, has significantly higher levels of state anxiety ($t = -4.45, p < 0.001$ & $t = -6.56, p < 0.001$), psychological distress ($t = -4.30, p < 0.001$ & $t = -5.46, p < 0.001$), and fatigue ($t = -3.16, p < 0.01$ & $t = -3.46, p < 0.001$), while it has significantly lower levels of positive well-being ($t = 4.23, p < 0.001$ & $t = 6.90, p < 0.001$). After dancing approximately 63% of maximum heart rate of experimental group was activated, while from paired t-tests significant decreases in state anxiety ($t = 5.02, p < 0.001$) and psychological distress ($t = 3.14, p < 0.01$) were observed, as well as significant increases in positive well-being ($t = -4.44, p < 0.001$) and fatigue ($t = -2.15, p < 0.05$). On the other hand, no significant difference in control group was observed. Consequently, Greek traditional dances may be used as a functional psycho-physical activity, to produce both physical and mental benefits for elderly individuals.

KEYWORDS

Dance, Elderly people, Quality of Life

EVIDENCE/RESOURCES

Mavrovouniotis, F. H., Argiriadou, E. A., & Papaioannou, C. S. (2010). Greek traditional dances and quality of old people's life. *Journal of bodywork and movement therapies*, 14(3), 209–218. <https://doi.org/10.1016/j.jbmt.2008.11.005>.

IDENTIFICATION

Efthimia Panagiotopoulou. University of Athens, Department of Physical Education and Sport Science, Greece

The Arts in Psychotherapy

Volume 59, July 2018, Pages 25-33

TYPE

Study/ Review

TIME FRAME

2018

LEVEL

Local

DESCRIPTION

The article stresses the significance of dance therapy in the school environment. It is based on research conducted in two Greek public schools, although dance therapy is not yet used in the Greek education system. However, the revised school curriculum gives the opportunity for dance therapy practice. The aim of the research was to ascertain whether dance therapy could contribute to the development of the students' social and emotional skills. The 23 participants were 16–17 years old and were divided in groups: the experimental group which consisted of 11 students and the control group which consisted of 12.

RESULTS

Data showed that dance therapy practice enables students to develop their potential and overcome their personal difficulties. The research, both quantitative and

150

qualitative, was conducted with the permission of the Ministry of Education, Research, and Religious Affairs, while both the students and their parents also gave their consent.

KEYWORDS

Social and emotional skills, Dance therapy, Public school, Greece, Mixed methods

EVIDENCE/RESOURCES

<https://www.sciencedirect.com/science/article/abs/pii/S0197455617300047#!>

IDENTIFICATION

The use of exercise in mental health care

TYPE

Study/ Review

TIME FRAME

2015

LEVEL

Local

DESCRIPTION

Aim of the present research was planned to examine: a) the perceptions of professionals of mental health with regard to the use of physical activity when working with patients with psychiatric disorders and b) to study professionals' decisive factors for the promotion of physical activity in the working context.

Method: The sample of the research constituted of 173 professionals of mental health (men N = 52, women N = 121) from the state Psychiatric Hospital and other Mental health services in the area of Thessaloniki.

RESULTS

The Correlation Analysis showed that the intention is connected positively with the positive effect of physical activity ($r = .49$), the role of personal physical exercise ($r = .46$), the relation between physical and mental health ($r = .33$), weaker correlations were found with the negative effect of physical exercise ($r = .28$) and with the convictions of control ($r = -.26$). Regression Analysis showed that the professionals attitudes towards physical activity, as well as the role of personal physical exercise,

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constitute important predicting factors for their intention the promotion of physical activity (34%). On the other hand, the promotion in their working place, was very small, since 76% of them could not promote any physical activity at all.

Conclusions: The promotion of physical activity from the mental health professionals depends so much on their personal positive opinions for the physical activity, but also from their personal evaluation of behavior and the availability of resources.

KEYWORDS

Planned Behavior, Mental Health Professionals, Convictions of Control

EVIDENCE/RESOURCES

https://www.researchgate.net/publication/268924936_The_Use_of_Exercise_in_Mental_Health_Care

IDENTIFICATION

Panhellenic Association of Physiotherapists

TYPE

Therapeutic Scheme

TIME FRAME

-

LEVEL

National

DESCRIPTION

It is necessary to change the way we see physical activity and begin to see it as something we do because we appreciate the positive changes it brings to our physical and mental health as well as our overall well-being.

Therapeutic exercise is a proven method of treating people with depression and physiotherapists work with patients who are depressed in combination with other long-term physical health problems. Being and staying physically active will help improve your physical and mental health. Contact a Physiotherapist and discover the therapeutic exercise or activity that will entertain you and improve your mental and physical health.

Physiotherapy in mental health aims to optimize the well-being and empowerment of the individual through the promotion of functional movement, motor empathy, physical activity, exercise, combining physical and mental characteristics.

Physiotherapists in the field of mental health provide:

- Health promotion,
- Preventive programmes,

- Individual & group therapy,
- Participate in therapeutic groups. (...)

Physical therapy in mental health is based on the available scientific and optimal clinical evidence. It contributes to the sustainability of the dignity of our mentally ill fellow human beings and plays an essential role in the treatment of mental disorders both in adults (depression, anxiety disorders, psychosis, personality disorders, dementia, etc.) and in children suffering from autism, attention deficit hyperactivity disorder, behavioral problems, mental retardation, learning disabilities, developmental disorders, etc. (...)

The physiotherapists / members of “Panhellenic Association of Physiotherapists have the necessary skills, experience and support of the Greek state (article 4 and 6 of Law 4461 / Government Gazette 38, vol. A / 28-3 -2017) to help and facilitate on an equal footing with other professionals who provide mental health services, the promotion of an active lifestyle resulting in the health and well-being of people with mental illness. (...)

RESULTS

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KEYWORDS

Mental health, Therapeutic exercise, physical activity, movement, depression

EVIDENCE/RESOURCES

<https://www.healthyliving.gr/2018/09/28/psychikh-ygeia-fysikotherapeia/>

IDENTIFICATION

Successful end-of-project with EVENTS Project Closing Conference “Sport & Physical Activity for Mental Health: From Theory to Practice”

Mr. Alexandros Oikonomou, the Scientific Director of K.S.D.E.O EDRA,

Mr. Pantelis Sarakiniotis, social scientist and member of the Organization Committee of the programme, Mr. Panteleimon Ekkekakis, Professor of the Department of Kinesiology, Iowa State University, and Head of the Scientific Committee of the Conference.

TYPE

Educational and Training program

TIME FRAME

October, 23rd & 24th, 2018

LEVEL

European

DESCRIPTION

The successful end-of-project Closing Conference ended on 24th of October and confirmed once more the importance of preparing a common European ground for policy guidelines on Physical Activity and Mental Health. The Conference included research papers and presentations of practices on physical activity for mental health worldwide, as well as personal testimonies. Special emphasis was given to the fruitful dialogue among the speakers and the audience for the connection of the two fields, sharing not only best practices but also personal experiences and stories.

The Conference, does not signify the end of the EVENTS Project but a starting point for new initiatives, aiming at Active Living and the development of the Active Living for

Mental Health movement, as Mr. Nicos Andreopoulos, EVENTS Project Manager and Secretary General of "ENALMH" Network mentioned at his opening speech.

RESULTS

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KEYWORDS

Sport, physical activity, mental health, projects.

EVIDENCE/RESOURCES

<http://eventsproject.eu/index.php/en/news/154-successful-end-of-project-with-events-project-closing-conference>

IDENTIFICATION EVENTS

TYPE

Campaign

TIME FRAME

21,22 & 23 September 2018, PROJECT DURATION: Nov 2017 - Oct 2018

LEVEL

European

DESCRIPTION

The EUROPEAN VOLUNTEER EVENTS for THERAPY through SPORTS – EVENTS Project - aims to develop strong institutional procedures for the specific contribution of sport and physical exercise to the prevention, the therapy in the field of mental health and the rehabilitation of mental health service users at European level within the overall Active Living context. The project is the practical reflection of the vision of a major European institutional link between the fields of Sport and Mental Health: State Sports Authorities, Federations and Associations, private bodies in the sports sector, National Health Systems, Educational / Research Institutions, Local Government, Private Institutions and Civil Society meet up and join their forces in a movement that promotes an active living, the idea that sport is for everyone, that sport fosters our soul.

Core Activity:

The 1st European Sport & Physical Exercise Event for Mental Health is the culmination of the new strategy that highlights the independent and specialized approach of Physical Exercise and Sports as a significant and effective factor for a holistic approach in the field of Mental Health.

34 organizations and 250 individuals who practice sports from 14 countries have already support with their participation the 1st European Sport & Physical Exercise Event for Mental Health, which is co-funded by the European Commission in the framework of Erasmus+ Sport Programme, will be held will be held in Athens, Greece, on 21,22 & 23 September 2018. The 1st European Sport & Physical Exercise Event for Mental Health - the milestone of the EVENTS project actions – was set up under the Patronage of the European Parliament President. A reward that provides this particular initiative with a moral acclaim.

Implementation of the 3-day event is nothing more than the practical implementation of a message of freedom and promote of an active living as the foundation of personal development and the development of the society as a whole.

RESULTS

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KEYWORDS

Mental health, physical exercise, therapy, sports.

EVIDENCE/RESOURCES

<http://eventsproject.eu/index.php/en/the-project>

IDENTIFICATION

LIFE IS LIKE A BIKE

TYPE

Campaign

TIME FRAME

February - June, 2018

LEVEL

European

DESCRIPTION

A five-month European Campaign “Life is like a bike” (February-June 2018) held in parallel in 12 European countries, as the main goal of the MEN’S Project, the European project, which is co-funded by the European Commission under the Erasmus + programme. MEN’S project is implemented with the involvement of 17 organizations, from 12 EU Member States, active in the field of mental health and / or sports and physical exercise.

The main objective of the MEN’S project is the establishment of the European Network of Active Living for Mental Health (ENALMH) highlighting the crucial meaning of the link between Physical Exercise and Sports for the prevention, the treatment and the rehabilitation in the field of Mental Health.

The “Life is Like a bike” campaign is based on the results of the European survey among organizations and individuals about their experience and their opinions on the contribution of physical exercise and sport to mental health through specially designed questionnaires for sports organizations, mental health providers (recipients of their services or professionals) and the general population. The survey lasted two months

(October-November 2017) and was completed with 2,656 participants from 12 European countries.

Based on the survey data, a positive attitude towards the link between “sport / exercise and mental health” arises, but also a lack of motivation and of in-depth knowledge. Therefore, the “Life is Like a Bike” campaign acquires an informative but also encouraging character to provide valid information to those who have not yet adopted the active living, as a resounding confirmation for those who have adopted an active daily routine but also as a further reinforcement of the existing initiatives.

RESULTS

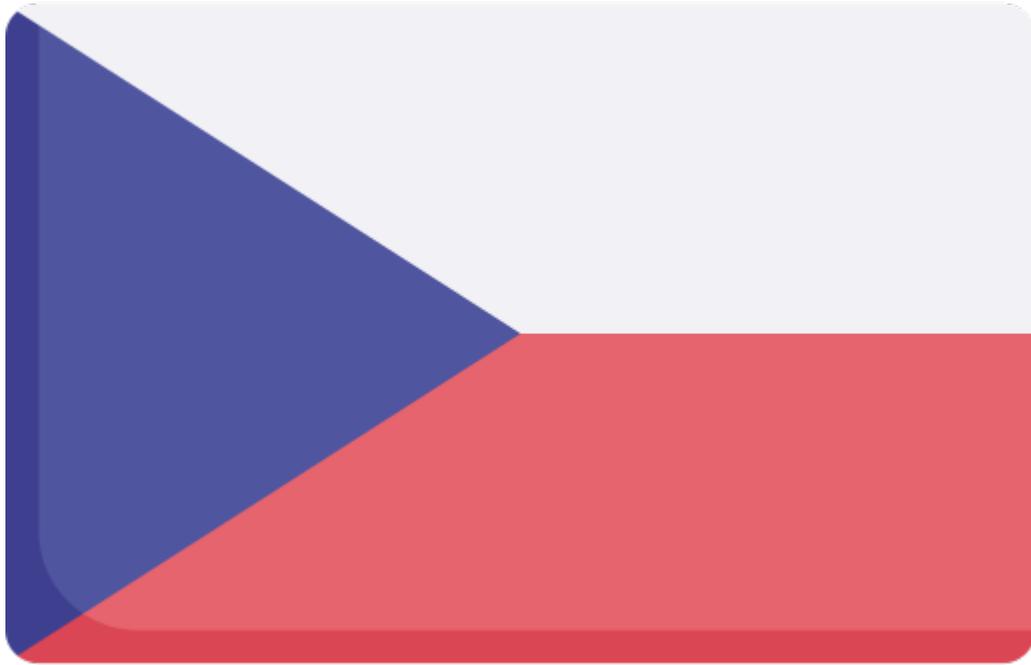
-

KEYWORDS

Physical activity, mental health, physical exercise, sport, campaigns

EVIDENCE/RESOURCES

<https://mensproject.eu/life-is-like-a-bike-campaign/>



PRACTICES FROM CZECH REPUBLIC

IDENTIFICATION

JONÁŠOVÁ Daniela, BLAHUTKOVÁ Marie, OŠMERA Milan - Mental health and exercise.

TYPE

Study/ Review

TIME FRAME

2015

LEVEL

National

DESCRIPTION

Publication focusing on the theory of human mental health hygiene. It contains practical instructions on how to take care of your health through physical activities.

RESULTS

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KEYWORDS

Book, Professionals

EVIDENCE/ RESOURCES

<https://www.muni.cz/vyzkum/publikace/1338791>

IDENTIFICATION

Fokus Vysočina - NGO providing care for people with Mental Health - reegion Vysočina

TYPE

Educational and Training Programmeme

TIME FRAME

2020

LEVEL

Regional

DESCRIPTION

Sport and mental health. Two things that belong together and FOKUS Vysočina knows it. We have long perceived the topic of exercise and sport in the context of the recovery of people with mental illness as an extremely important part of it. - official statement of Fokus Vysočina.

RESULTS

Incorporation of three specialists in sports and physical activities into multidisciplinary teams providing care for people with mental health problems.

KEYWORDS

Programme

EVIDENCE/ RESOURCES

<http://www.fokusvysocina.cz/clanky/aktuality/fokus-nove-ma-sve-sportaky-je-lepsi-se-zivotem-radeji-prosmat-nez-protrapit>

IDENTIFICATION

Partnership for Urban community

TYPE

Campaign

TIME FRAME

2020

LEVEL

National

DESCRIPTION

We have more and more evidence that physical activity such as cycling or walking has a positive effect on our mental and physical health and acts to prevent stress and depression and anxiety, or to help alleviate their symptoms. Many people have already found that when they ride a bike, they clear their heads and get rid of the stress that has accumulated during the day. This type of regular exercise not only contributes to better sleep and physical condition, it is also an opportunity for new meetings, time with friends or family, relaxation in nature or exploring the surrounding landscape. Another great thing about walking and cycling is that once you have the basic equipment (a pair of shoes / bicycle), you can run it for free and simply add more and more minutes of physical activity to your busy life. So, whether you ride a bike or walk, in your free time or as a mode of transport, it is always a safe way to insure your health and well-being.

RESULTS

National campaign organised by NGO collaborating with companies from commercial sector.

KEYWORDS

Cycling, Walking

EVIDENCE/ RESOURCES

<https://www.dobramesta.cz/aktuality/753/bojujeme-za-dusevni-zdravi-jeden-krok-nebo-jedna-jizda>

IDENTIFICATION

Fokus Praha Comprehensive Care

TYPE

Therapeutic Scheme

TIME FRAME

2016

LEVEL

Regional

DESCRIPTION

Regular sports activities for people with mental illness as part of comprehensive care: football, volleyball, walking, cycling, gym.

RESULTS

We do not know the exact number of participants, but these activities are part of the offer for all service users.

KEYWORDS

Comprehensive care

EVIDENCE/ RESOURCES

<https://fokus-praha.cz/cz/>

IDENTIFICATION

Fokus CUP - regular football tournament for people with mental health problems.

TYPE

Campaing

TIME FRAME

Since 1997

LEVEL

European

DESCRIPTION

Regular football tournament for people with mental health problems organised since 1997 by Fokus Mlada Boleslav, then by volunteers and finally by Fokus Praha.

RESULTS

Every year there is up to 80 participants from the Czech Republic and other European countries.

KEYWORDS

Football

EVIDENCE/ RESOURCES

<http://www.easi-europe.info/index.php?id=2999>

IDENTIFICATION

EASI CUP....without prejudice!!!

TYPE

Campaign

TIME FRAME

2019

LEVEL

European

DESCRIPTION

EASI Cup 2019 ... without prejudices! Was a sports awareness event not only for people with mental illness. In July 2019, an international football tournament took place with the participation of 23 teams from 13 European countries. At the same time, a society-wide debate on mental health opened up. The event was organized by Fokus Praha. The patronage was provided by the Minister of Health Adam Vojtěch. The patron of this event was Vladimír Šmicer.

RESULTS

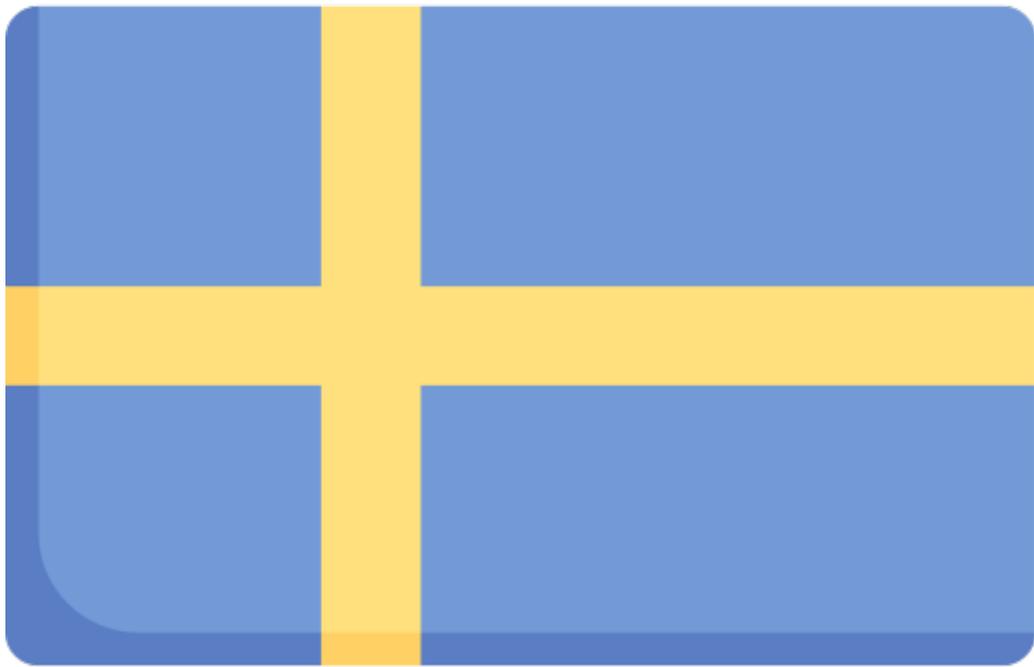
There was over 250 participants from 13 European countries. EASI Cup was also campaign targeting public. A successful campaign, which managed to involve, for example, the Czech Football Association and also the Czech Players' Association, with which Fokus Praha participated in stigmatization clip, which was part of several televisions. We managed to provide interviews on several televisions and radio stations.

KEYWORDS

Sport event, football

EVIDENCE/ RESOURCES

<https://fokus-praha.cz/cz/aktuality/289-easi-cup-2019-bez-predsudku>



PRACTICES FROM SWEDEN

IDENTIFICATION

Jenna Najjar, Jenna.al-najjar@gu.se

TYPE

Study/ Review

TIME FRAME

2019, 1st edition

LEVEL

National

DESCRIPTION

AIMS: To investigate whether cognitive and physical activities in midlife are associated with reduced risk of dementia and dementia subtypes in women followed for 44 years.

Added Value: The relation of physical and cognitive activity to reduce incidence of dementia among women in a period of 44 years.

Target Group: A population-based sample of 800 women aged 38–54 years followed from 1968 to 2012.

Type Of Physical Activity: The women were assigned to 4 groups. Group 1 was completely inactive, for example at most watching television and going to the movies. Group 2 engaged in light physical activity for a minimum of 4 h/wk, such as walking, gardening, bowling, or cycling for half an hour a day. Group 3 had regular physical training, such as running, tennis, or swimming, for at least 2–3h/wk. Group 4 had regular–intense physical training such as heavy exercise, for example running or swimming several times/week, or engaging in competitive sports.

RESULTS

Participants: 899 women (participation rate 89%) aged 38, 46, 50, and 54 years (mean age 47 years) were included in the study (1968-1969). 800 participants, 99 nonparticipants. Re-examination in relation to dementia in 1974–1975 (n = 677), 1980–1981 (n = 629), 1992–1993 (n = 371), 2000–2001 (n = 363), 2005–2006 (n = 299), and 2009–2010 (n = 269).

Results: Cognitive activity in midlife was associated with a reduced risk of total dementia (hazard ratio [HR] 0.66; 95% confidence interval [CI] 0.49–0.89) and Alzheimer disease (HR 0.54; 95% CI 0.36–0.82) during follow-up. Physical activity in midlife was associated with a reduced risk of mixed dementia (HR 0.43; 95% CI 0.22–0.86) and dementia with cerebrovascular disease (HR 0.47; 95% CI 0.28–0.78).

KEYWORDS

Physical activity, cognitive activity, dementia, longitudinal study

EVIDENCE/RESOURCES

Cognitive and physical activity and dementia A 44-year longitudinal population study of women, *Neurology*®2019;92:e1322-e1330. doi:10.1212/WNL.00000000000007021

IDENTIFICATION

RF SISU Västra Götaland, Bengt Palmer, Integration Coordinator for RF SISU Västra Götaland, Hanna Johansson, Project Leader Street Games Gothenburg for RF SISU Västra Götaland

TYPE

Educational and Training Programmeme

TIME FRAME

Four reports from the National Sports Organisation about Sports, inclusion and the positive aspects with sports into mental positive affects + training with Street Games Gothenburg leadership programmeme.

LEVEL

Local

DESCRIPTION

Due to social differences in Sweden with economical differences and segregated areas Street Games Gothenburg came to be in 2015 funded by the national sports organisation RF-SISU in Sweden to us RF-SISU Västra Götaland Street Games Västra Götaland.

StreetGames Göteborg use power of sport to create positive change in the lives of disadvantaged young people right across Gothenburg and have helped 25 000 Young kids in Gothenburg since the start to make young people and their communities healthier, safer and more successful.

Sport is energetic, inclusive and enjoyable, but StreetGames goal is not only about having fun. StreetGames believes in the power of sport to transform lives and to broaden ambitions in help with the big leadership programme with t-shirts in different colors and a system of playful "trying on sports" in different shapes and sizes. We

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educate the leaders in Street Games. Young and established leaders meet in order to exchange experiences in a learning environment which leads to a stronger feeling of confidence, working ability and leadership skills.

We also work a lot with Young Girls in the segregated areas to be able to take on a leadership roles based on several studies that has been done (will link the studies)

RESULTS

In Street Games Gothneburg with RF-SISU Västra Götaland with go with the slogan: Idrottssvaga till idrottsstarka - sport/athletic weak areas to sport/athletic Strong areas. We want sport and the Swedish sports organisations should be available for all no matter if you are rich or poor and with our work the last years we see a big difference in the physical and mental Health.

In the latest years we have had more than 24,499 Active participants per year, with 450 Young or inexperienced leaders and four newly started organisations.

See more on the website: www.streetgames.se

Also we will send links of four studies in Sweddish based on the issues and the work.

- https://www.rf.se/globalassets/riksidrottsforbundet/nya-dokument/nya-dokumentbanken/forskning-fou/mangfald/fou2019_3-nyanlanda-barn-och-ungdomar-om-foreningsidrotten.pdf
- <https://www.rf.se/globalassets/riksidrottsforbundet/nya-dokument/nya-dokumentbanken/ovrigt/spontanitet-och-samspel---idrottsforeningars-arbete-med-integration.pdf>
- <https://www.rf.se/globalassets/riksidrottsforbundet/nya-dokument/nya-dokumentbanken/ovrigt/folg-projekt-storstad.pdf>
- <https://www.rf.se/globalassets/riksidrottsforbundet/nya-dokument/nya-dokumentbanken/ovrigt/idrott-for-nyanlanda-2015-2018.pdf>

KEYWORDS

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EVIDENCE/RESOURCES

<https://www.streetgames.se/>

IDENTIFICATION

Ha°kan Littbrand, MSc, Department of Community Medicine and Rehabilitation, Geriatric Medicine, Umea° University, SE-901 87 Umea°, Sweden.

TYPE

Study/ Review

TIME FRAME

1st edition

LEVEL

European

DESCRIPTION

AIMS: Systematically review the applicability (attendance, achieved intensity, adverse events) and effects of physical exercise on physical functions, cognitive functions, and activities of daily living among people with dementia.

Added Value: Teams are composed with people with Alzheimer's disease and other dementias living in residential care facilities.

Target Group : Older people with Alzheimer disease and other dementias.

Type Exercise-Periocity: Combined exercise (strength, balance, aerobic, flexibility), 7 studies, 2weeks – 12 months (2-7 times/week, 20-75 minutes).

Walking exercise, 3 studies, 6-16 weeks, 3-5 sessions/week, 30min/session

Intensity: In most studies it is reported as light to moderate.

RESULTS

Participants: Mean age ranged from 74 to 87 yrs, and the proportion of women ranged from 53% to 84%.Totally 622 participants. Combined functional weight-bearing 178

exercise seems applicable for use. There is some evidence that exercise improves walking performance and reduces the decline in activities of daily living. Furthermore, there is some evidence that walking exercise performed individually reduces decline in walking performance.

Among older people with various types of dementia disorders who are staying in a hospital, there is some evidence that combined functional and nonfunctional exercise over 2 wks has no effect on mobility. Among older people with unspecified dementia disorders in residential care facilities, there is some evidence that walking exercise performed at a self selected speed has no effect on cognitive functions.

KEYWORDS

Dementia, Alzheimer Disease, Exercise, Rehabilitation

EVIDENCE/RESOURCES

Applicability and Effects of Physical Exercise on Physical and Cognitive Functions and Activities of Daily Living Among People With Dementia, American Journal of Physical Medicine & Rehabilitation, Copyright * 2011 by Lippincott Williams & Wilkins, DOI: 10.1097/PHM.0b013e318214de26



PRACTICES FROM UNITED KINGDOM

IDENTIFICATION

Dementia And Physical Activity (DAPA) trial of moderate to high intensity exercise training for people with dementia: randomized controlled trial, BMJ 2018;361:k1675

TYPE

Study/ Review

TIME FRAME

1st edition published 16 May 2018

LEVEL

National

DESCRIPTION

Aim: To estimate the effect of a moderate to high intensity aerobic and strength exercise training programme on cognitive impairment and other outcomes in people with mild to moderate dementia.

Added Value: People with mild to moderate dementia can engage and comply with moderate to high intensity aerobic and strengthening exercise and improve physical fitness. These benefits do not, however, translate into improvements in cognitive impairment, activities in daily living, behaviour, or health related quality of life. The exercise programme might possibly have worsened cognitive impairment.

Target Groups: People with mild to moderate dementia living in the community either alone or with others.

Periodicity: Moderate to high intensity aerobic and strength exercise, for four (4) months, twice a week, 60-90 min/session in gym and one (1) session/week (60') at home.

RESULTS

Participants: 494 people with dementia: 329 were assigned to an aerobic and strength exercise programme and 165 were assigned to usual care. Random allocation was 2:1 in favour of the exercise arm. The average age of participants was 77 (SD 7.9) years and 301/494 (61%) were men.

Results: A moderate to high intensity aerobic and strength exercise training programme does not slow cognitive impairment in people with mild to moderate dementia. The exercise training programme improved physical fitness, but there were no noticeable improvements in other clinical outcomes.

KEYWORDS

Dementia, Physical activity, moderate intensity exercise, high intensity exercise.

EVIDENCE/RESOURCES

<https://www.bmj.com/content/361/bmj.k1675>

IDENTIFICATION

Exercise therapy in adults with serious mental illness: a systematic review and meta-analysis

TYPE

Study/ Review

TIME FRAME

21 April 2014

LEVEL

National

DESCRIPTION

The aim was determined the effectiveness of exercise programmes for people with serious mental illness.

Target groups : Adults with schizophrenia or other types of schizophrenia-like psychosis, schizoaffective disorders, and bipolar affective disorder irrespective of the diagnostic criteria used, age, ethnicity and sex.

RESULTS

Exercise programmes can lead to an improvement in exercise activity but had no significant effect on symptoms of mental health or body weight.

KEYWORDS

Exercise Physical activity, Serious mental illness, Healthy living programme
Physical health

EVIDENCE/RESOURCES

<https://bmcp psychiatry.biomedcentral.com/articles/10.1186/1471-244X-14-117#additional-information>

IDENTIFICATION

Exercise for anxiety disorders: systematic review

TYPE

Study/ Review

TIME FRAME

First published January 7, 2013

LEVEL

National

DESCRIPTION

To investigate the treatment effects of exercise compared with other treatments for anxiety disorders

RESULTS

Exercise seems to be effective as an adjunctive treatment for anxiety disorders but it is less effective compared with antidepressant treatment. Both aerobic and non-aerobic exercise seems to reduce anxiety symptoms. Social phobics may benefit from exercise when combined with group CBT. Further well-conducted RCTs are needed.

KEYWORDS

Anxiety disorder, exercise

EVIDENCE/RESOURCES

<https://bjsm.bmj.com/content/48/3/187>

IDENTIFICATION

The mental health and well-being benefits of exercise during the COVID-19 pandemic: a cross-sectional study of medical students and newly qualified doctors in the UK.

TYPE

Study

TIME FRAME

Published 4 November 2020

LEVEL

National

DESCRIPTION

University students have been uniquely affected by the COVID-19 pandemic. However, there is currently little data upon the measures that medical students and newly qualified doctors have taken to help their mental well-being and mood during the COVID-19 pandemic.

The research aimed to identify the activities respondents found beneficial for their well-being and mental health and recorded a mood score from survey respondents.

Methods and target group: A nationwide study was completed to investigate the mental health impact of the COVID-19 pandemic upon medical students and newly qualified doctors (interim foundation year one). It was received 2075 respondents from across the UK.

RESULTS

Physical activity was found to be the most common activity used by the survey respondents to help with their mental well-being (80.1%) (medical students, 83.7%;

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interim foundation doctors, 72.3%). Participants who stated that exercise helped their well-being had a mean score (SD) of 52.3 (20.7) which was significantly higher ($P = 0.048$) than those who reported that they did not exercise (49.8 (21.1)). Respondents who stated they had used exercise to help with their mental well-being had (on average) a higher mood score than those who did not. This was seen in both the medical student and interim foundation doctor subgroups.

Discussion: Exercise can help to benefit the well-being of medical students and interim foundation doctors. It is hoped that higher education providers and employers recognise the importance of promoting physical activity for the well-being of their students and staff, respectively.

KEYWORDS

COVID-19; Coronavirus; Foundation doctors; Medical students; Mental health; Prospective study.

EVIDENCE/RESOURCES

<https://pubmed.ncbi.nlm.nih.gov/33150537/>

IDENTIFICATION

The effects of exercise referral schemes in the United Kingdom in those with cardiovascular, mental health, and musculoskeletal disorders: a preliminary systematic review.

TYPE

Study/ Review

TIME FRAME

Published 2 August 2018

LEVEL

National

DESCRIPTION

Exercise referral schemes within clinical populations may offer benefits for inactive and sedentary individuals, and improve and aid treatment of specific health disorders. This systematic review aims to provide an overview, and examine the impact, of exercise referral schemes in patients with cardiovascular, mental health, and musculoskeletal disorders. This review focuses on populations within the United Kingdom (UK) only, with an aim to inform national exercise referral policies and guidelines.

RESULTS

Longer length schemes (20+ weeks) improved adherence to physical activity prescribed over the course of the scheme, and could support longer term exercise adherence upon completion, however additional research on larger samples should examine this further. An implication is that schemes currently recommended in guidelines do not tailor programmes to support long term adherence to exercise,

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which must be addressed. There is currently a lack of research examining programmes tailored to suit the individual's health conditions thus further research might allow providers to tailor delivery and build upon policy recommendations in the UK.

KEYWORDS

Exercise referral schemes, Physical activity, Cardiovascular, Mental health, Musculoskeletal

EVIDENCE/RESOURCES

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6090762/>

IDENTIFICATION

Physical activity and mental health in children and adolescents: a review of reviews

TYPE

Study/ Review

TIME FRAME

Published 1 August 2011

LEVEL

National

DESCRIPTION

To synthesise reviews investigating physical activity and depression, anxiety, self-esteem and cognitive functioning in children and adolescents and to assess the association between sedentary behaviour and mental health by performing a brief review. Methods: Searches were performed in 2010. Inclusion criteria specified review articles reporting chronic physical activity and at least one mental health outcome that included depression, anxiety/stress, self-esteem and cognitive functioning in children or adolescents.

RESULTS

Four review articles reported evidence concerning depression, four for anxiety, three for self-esteem and seven for cognitive functioning. Nine primary studies assessed associations between sedentary behaviour and mental health. Physical activity has potentially beneficial effects for reduced depression, but the evidence base is limited. Intervention designs are low in quality, and many reviews include cross-sectional studies. Physical activity interventions have been shown to have a small beneficial

effect for reduced anxiety, but the evidence base is limited. Physical activity can lead to improvements in self-esteem, at least in the short term. However, there is a paucity of good quality research. Reviews on physical activity and cognitive functioning have provided evidence that routine physical activity can be associated with improved cognitive performance and academic achievement, but these associations are usually small and inconsistent. Primary studies showed consistent negative associations between mental health and sedentary behaviour.

Conclusions: Association between physical activity and mental health in young people is evident, but research designs are often weak and effects are small to moderate. Evidence shows small but consistent associations between sedentary screen time and poorer mental health.

KEYWORDS

Physical activity, exercise, sport, mental health, well-being, young people

EVIDENCE/RESOURCES

<https://pubmed.ncbi.nlm.nih.gov/21807669/>

IDENTIFICATION

Effects of a standard provision versus an autonomy supportive exercise referral programme on physical activity, quality of life and well-being indicators: a cluster randomised controlled trial

TYPE

Study/ Review

TIME FRAME

Published 29 January 2014

LEVEL

National

DESCRIPTION

The National Institute for Health and Clinical Excellence in the UK has recommended that the effectiveness of ongoing exercise referral schemes to promote physical activity should be examined in research trials. Recent empirical evidence in health care and physical activity promotion contexts provides a foundation for testing the feasibility and impact of a Self Determination Theory-based (SDT) exercise referral consultation.

Target groups and method: An exploratory cluster randomised controlled trial comparing standard provision exercise referral with an exercise referral intervention grounded in Self Determination Theory. Individuals (N = 347) referred to an exercise referral scheme were recruited into the trial from 13 centres.

Outcomes and processes of change measured at baseline, 3 and 6-months: Minutes of self-reported moderate or vigorous physical activity (PA) per week (primary outcome), health status, positive and negative indicators of emotional well-being, anxiety, depression, quality of life (QOL), vitality, and perceptions of autonomy support from the advisor, need satisfaction (3 and 6 months only), intentions to be active, and

motivational regulations for exercise. Blood pressure and weight were assessed at baseline and 6 months.

RESULTS

Perceptions of the autonomy support provided by the health and fitness advisor (HFA) did not differ by arm. Between group changes over the 6-months revealed significant differences for reported anxiety only. Within arm contrasts revealed significant improvements in anxiety and most of the Dartmouth CO-OP domains in the SDT arm at 6 months, which were not seen in the standard exercise referral group. A process model depicting hypothesized relationships between advisor autonomy support, need satisfaction and more autonomous motivation, enhanced well being and PA engagement at follow up was supported.

Conclusion: Significant gains in physical activity and improvements in quality of life and well-being outcomes emerged in both the standard provision exercise referral and the SDT-based intervention at programme end. At 6-months, observed between arm and within intervention arm differences for indicators of emotional health, and the results of the process model, were in line with SDT. The challenges in optimising recruitment and implementation of SDT-based training in the context of health and leisure services are discussed.

KEYWORDS

Exercise on referral, Physical activity promotion, Self determination theory, Autonomy support, Autonomous motivation, Need satisfaction

EVIDENCE/RESOURCES

<https://link.springer.com/article/10.1186/1479-5868-11-10#Abs1>



PRACTICES FROM BELGIUM

IDENTIFICATION

J Knapen, A Myszta, Y Moriën. International Journal of Psychosocial Rehabilitation . 2018, Vol. 22 Issue 2, p11-2. 1p.

TYPE

Study/ Review

TIME FRAME

2018

LEVEL

National

DESCRIPTION

People with severe mental illness, especially those with a poor job history and somatic comorbidity, experience different psychosocial and physical barriers to employment. The aim of the present study was to examine the effectiveness of an augmented Individual Placement and Support (IPS) programme, which consists of IPS and mental and psychomotor training among people with severe mental illness. During the period from May 2010 until December 2017, 176 clients participated in the study. Over 10 week period, people with severe mental illness receive IPS augmented with three group sessions per week of mental and psychomotor training (the care programme). This programme was based on a bio-psycho-social perspective, containing a combination of work-related psychological, educational and physical rehabilitation methods. The group consisted of people with mood, anxiety and adjustment disorders, autism spectrum syndrome, personality and psychotic disorders. Ninety (51.14%) participants had chronic medical diseases as well, mainly musculoskeletal diseases and/or chronic pain.

RESULTS

The programme resulted in a total employment 53.41% at 12 months. After three months competitive employment 97.85% of the clients was still at work. The results were compared with those reported in a Cochrane review. The integration of mental and psychomotor training in IPS (i.e. augmented IPS) would mitigate the psychosocial and physical barriers to employment such as, poorly controlled symptoms of mental and physical illness, low self-esteem and poor cognitive functioning and increases the employment rate.

KEYWORDS

Mental illness, psychomotor, anxiety disorders, psychotic disorders

EVIDENCE/RESOURCES

<https://web.b.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=14757192&AN=137270432&h=f6Rydrfv2Hu%2bXZqZkIPb5s9YoWHMQ3auuTwxQ1oRgVBrpGiE3zY2FOsjFqFv4kRYLTjELue2X0drMf8ZGbH%2f%2bA%3d%3d&crl=c&resultNs=AdminWebAuth&resultLocal=ErrCrlNotAuth&crlhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authtype%3dcrawler%26jrnl%3d14757192%26AN%3d137270432>

IDENTIFICATION

Jan Knapen, Davy Vancampfort, Yves Moriën & Yannick Marchal (2015) Exercise therapy improves both mental and physical health in patients with major depression, *Disability and Rehabilitation*, 37:16, 1490-1495

TYPE

Study/ Review

TIME FRAME

2015

LEVEL

National

DESCRIPTION

Purpose: to present clinical guidelines for exercise therapy in depressed patients derived from recent meta-analyses.

Method: four meta-analyses on effects of physical exercise on mental and physical in depression were analysed.

RESULTS

For mild to moderate depression the effect of exercise may be comparable to antidepressant medication and psychotherapy; for severe depression exercise seems to be a valuable complementary therapy to the traditional treatments. Depression is associated with a high incidence of co-morbid somatic illnesses, especially cardiovascular diseases, type 2 diabetes and metabolic syndrome. Exercise is extremely powerful in preventing and treating these diseases. Physical exercise is an outstanding opportunity for the treatment of patients who have a mix of mental and

physical health problems. Exercise therapy also improves body image, patient's coping strategies with stress, quality of life and independence in activities of daily living in older adults.

Conclusions: Physical therapists should be aware, that several characteristics of major depression (e.g. loss of interest, motivation and energy, generalised fatigue, a low self-worth and self-confidence, fear to move, and psychosomatic complaints) and physical health problems interfere with participation in exercise. Therefore, motivational strategies should be incorporated in exercise interventions to enhance the patients' motivation and adherence in exercise programmes.

- Implications for Rehabilitation
- For mild to moderate depression, the effect of exercise may be comparable with antidepressant medication and psychotherapy; for severe depression, exercise seems to be a valuable complementary therapy to the traditional treatments.

KEYWORDS

Mental health, depression, physical exercise, psychotherapy, exercise therapy

EVIDENCE/RESOURCES

<https://doi.org/10.3109/09638288.2014.972579>

IDENTIFICATION

Department of Movement and Sports Sciences

Faculty of Medicine and Health Sciences

Ghent University, Belgium. Delfien Van Dyck, Karel Herman, Louise Poppe, Geert Crombez, Ilse De Bourdeaudhuij, Freja Gheysen. Originally published in the Journal of Medical Internet Research (<http://www.jmir.org>), 07.10.2019

TYPE

Study/ Review

TIME FRAME

2019

LEVEL

Local

DESCRIPTION

Background: The beneficial effects of physical activity (PA) for older adults are well known. However, few older adults reach the health guideline of 150 min per week of moderate-to-vigorous PA (MVPA). Electronic health (eHealth) interventions are effective in increasing PA levels in older adults in the short term but, rarely, intermediate-term effects after a period without the support of a website or an app have been examined. Furthermore, current theory-based interventions focus mainly on pre-intentional determinants, although post-intentional determinants should also be included to increase the likelihood of successful behavior change.

Objective: This study aimed to investigate the effect of the theory-based eHealth intervention, MyPlan 2.0, focusing on pre- and post-intentional determinants on both

accelerometer-based and self-reported PA levels in older Belgian adults in the short and intermediate term.

Methods: This study was a randomised controlled trial with three data collection points: baseline (N=72), post (five weeks after baseline; N=65), and follow-up (three months after baseline; N=65). The study took place in Ghent, and older adults (aged ≥ 65 years) were recruited through a combination of random and convenience sampling. At all the time points, participants were visited by the research team. Self-reported domain-specific PA was assessed using the International Physical Activity Questionnaire, and accelerometers were used to objectively assess PA. Participants in the intervention group got access to the eHealth intervention, MyPlan 2.0, and used it independently for five consecutive weeks after baseline. MyPlan 2.0 was based on the self-regulatory theory and focused on both pre- and post-intentional processes to increase PA. Multilevel mixed-models repeated measures analyses were performed in R (R Foundation for Statistical Computing).

RESULTS

Significant (borderline) positive intervention effects were found for accelerometer-based MVPA (baseline–follow-up: intervention group +5 min per day and control group –5 min per day; $P=.07$) and for accelerometer-based total PA (baseline–post: intervention group +20 min per day and control group –24 min per day; $P=.05$). MyPlan 2.0 was also effective in increasing self-reported PA, mainly in the intermediate term. A positive intermediate-term intervention effect was found for leisure-time vigorous PA ($P=.02$), moderate household-related PA ($P=.01$), and moderate PA in the garden ($P=.04$). Negative intermediate-term intervention effects were found for leisure-time moderate PA ($P=.01$) and cycling for transport ($P=.07$).

Conclusions: The findings suggest that theory-based eHealth interventions focusing on pre- and post-intentional determinants have the potential for behavior change in older adults. If future studies including larger samples and long-term follow-up can

confirm and clarify these findings, researchers and practitioners should be encouraged to use a self-regulation perspective for eHealth intervention development.

KEYWORDS

Physical activity effects, behavior

EVIDENCE/RESOURCES

<https://www.jmir.org/2019/10/e13219>

IDENTIFICATION

Amber De Herdt M.Sc., Jan Knapen Ph.D., Davy Vancampfort Ph.D., Marc De Hert M.D., Ph.D. Emanuel Brunner, M.Sc. Michel Probst Ph.D.

Depression & Anxiety, Volume30, Issue8, August 2013, Pages 757-762

TYPE

Study/ Review

TIME FRAME

2013

LEVEL

National

DESCRIPTION

Background: Social anxiety (SA) is a frequent comorbid condition in patients with mental illness. However, no data exist regarding SA in physical activity (PA) situations. The aim of the present study was to measure the level of self-reported SA in PA participation in patients with mental illness compared to healthy controls.

Methods: Six hundred ninety-three patients with mental illness and 2,888 controls aged between 18 and 65 years completed the Physical Activity and Sport Anxiety Scale (PASAS). Group and gender differences in PASAS scores were tested by ANOVA and Scheffé's post hoc test.

RESULTS

After controlling for gender ($P < .05$), the patient group (men 40.2 ± 14.4 ; women 49.2 ± 17) scored higher on the PASAS compared to control group (men 30.6 ± 12.2 ;

women 37.3 ± 13.7). Within both groups, women reported higher levels of SA compared to men.

Conclusions: Our data indicate that patients with mental illness reported higher levels of SA in PA situations compared to healthy control subjects. Health professionals should consider SA when trying to improve outcome and adherence of patients with mental illness to PA interventions.

KEYWORDS

Physical activity, mental illness, anxiety

EVIDENCE/RESOURCES

<https://doi.org/10.1002/da.22059>

IDENTIFICATION

NatureMinded is a research and consultancy cooperation. Three stakeholders based in Flanders, a health insurance provider (CM), a state agency for forest and nature (Regional public authority for Nature and Forests of Nature & Forests, government of Flanders) and a forest advocate organization (BOS+).

TYPE

Campaign

TIME FRAME

Since 2017

LEVEL

Regional

DESCRIPTION

Three stakeholders based in Flanders, a health insurance provider (CM), a state agency for forest and nature (Regional public authority for Nature and Forests of Nature & Forests, government of Flanders) and a forest advocate organization (BOS+) partner annually to run a campaign to encourage physical movement in natural environments for 30 minutes per day during 30 days. Since 2017, an assessment of the impact of the campaign on the participants' subjective health and well-being has been conducted for the 30730 campaign. In the autumn of 2018, altogether 1720 participants started the campaign by signing up in the online diary. They were encouraged to report their daily activities through the diary and through the three surveys that were administered throughout the campaign. The impact of the campaign on participants' subjective health and well-being, their connectedness with nature and the level of naturalness of their perceived living and exercising environments, were

measured by using a set of validated scales, an objective measure and qualitative questions.

RESULTS

The mental and physical well-being and sleep quality of the participants improved as they started participating in the campaign. At the last impact measurement (2 months after the start of the campaign), the participants were still feeling mentally and physically healthier and sleeping better than they were before the campaign.

At every measuring point, being perceived physically fit was the most important predictor of both physical and mental health and of sleep quality. We also saw that the level of naturalness of the sport and living environments were predictors of mental health (e.g. lower stress, better concentration and increased happiness). However, due to the constraints of self-reporting, no control group being included and little blindness in the procedures, these results are merely indicative. Nonetheless, interesting insights were gained, e.g. into the way the participants experience their surroundings. Most participants deemed their living and exercising environments rather natural.

At the same time, a majority (70%) of the participants did not report to have to leave their home to start exercising. This suggests that the participants already live in green neighborhoods. Not surprising then, that these participants report being in a rather good state of well-being to begin with, as people in greener neighborhoods tend to be more physically active and hence, in better overall health. The most frequently mentioned exercise environment was the forest, followed by or in combination with agricultural landscapes, such as fields and meadows. Another interesting point was that the majority of the people reported to be spending a lot of time in nature (42%) but wanting to spend even more time there. A third of the participants (32%) did not spend much time in nature but were hoping to have more time for it. About a fifth (17%) of the respondents spend a lot of time in nature according to their reporting, and find this time

sufficient. Only a small group (7%) of participants spend a little time in nature and do not need any more time there.

Regardless of a number of constraints in the study set up and execution, the results of the 30/30 campaign show that participation in the campaign can promote mental and physical health and sleep quality. The campaign succeeded to attract and engage a rather homogenous group of highly educated women over 35 year of age. While the respondents had already found nature in their exercise and living environments, the majority of them long for more nature in their lives. They sought the encouragement of the campaign to remain physically active regardless of lack of time, tiredness or bad weather conditions, which were reported as the main challenges for exercising. The 30/30 participants also used the campaign to monitor the evolution of their mental and physical health and due to the campaign they became more aware of the importance of movement in nature; how little time (some of them) spend in nature; and of the beneficial effects of physical exercise on physical and mental health.

KEYWORDS

Mental health, mental well-being, exercise, depression, anxiety, stress

EVIDENCE/RESOURCES

<https://natureminded.be/2019/02/11/3030-campaign-encouraging-movement-in-natural-environment-for-30-minutes-a-day-for-30-days/>

IDENTIFICATION

Femmes Prévoyantes Socialistes: <https://www.femmesprevoyantes.be/qui-sommes-nous/femmes-prevoyantes-socialistes/>

TYPE

Campaign

TIME FRAME

2018

LEVEL

Local

DESCRIPTION

Within Socialist Provident Women, we have understood this issue. That's why we're mobilizing for sport. In the Charleroi Center and Soignies branch, for example, many courses are organized, including for beginners and at very democratic prices to allow everyone to register. For example, there are gentle gym, tai chi, zen gym, swiss ball, yoga and Nordic walking classes. In the future, the branch would also like to offer more family sports projects. The FPS also decided to focus on well-being in business. "The idea is to provide staff members with periods of relaxation. This is one of the elements (along with training, organization and coaching) that make it possible to achieve this objective of well-being at work" further explains Anaïs Bringard. Staff members are therefore invited to take part in running sessions (once a week at Tivoli La Louvière and at Solidaris La Hestre and Charleroi), bodysculpt (once a week at Tivoli La Louvière) and relaxation sessions for Solidaris La Hestre and Charleroi staff members (once a week, once a week or every two weeks).

RESULTS

“There are also mental benefits. Doing sports allows the secretion of endorphin, the pleasure hormone. This helps improve mental health and quality of life. It is also better stress management, improved sleep, reduced depressive symptoms and reduced age-related cognitive decline. We should also add that it contributes to improving human exchanges” Anaïs Bringard.

KEYWORDS

Sports, mental health, depression

EVIDENCE/RESOURCES

<https://www.sudinfo.be/id56019/article/2018-05-26/le-sport-tout-bon-pour-la-sante-et-le-mental>.

IDENTIFICATION

International Muslim Student Association of Leuven: IMSAL. <http://www.imsal.be>

TYPE

Campaign

TIME FRAME

Since 2016

LEVEL

Local

DESCRIPTION

The International Muslim Student Association of Leuven, or IMSAL, has a well-established institution of leading monthly nature walks for free! They specialize in bringing together an array of students and introducing them to Belgium's countryside. IMSAL hikes started back in October 2016 and have now become a regular event, with at least one monthly trek into nature, guided by a veteran of Belgian trails.

RESULTS

Like all of IMSAL's other events, this encourages people regardless of nationality, religion, culture, and gender to participate. The core idea behind organizing such free and guided nature walks is multifaceted. The primary aim is to provide an interactive platform where Muslims and non-Muslims can communicate to become familiar with each other's beliefs, traditions, and cultures. Such a platform enables individuals to break cultural barriers and overcome prejudices. We believe that such interactions will bridge the gaps between people of different faiths and traditions by developing a sense of tolerance and respect for one another. Through hikes IMSAL strives to

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promote the value of peaceful coexistence. A second aim is to promote healthy living and nature-consciousness among participants. A day out in the fresh air of forests and countryside rejuvenates the soul and helps relieve mental stress, which has become a common side effect of urban life. This is especially important for students who are looking for ways to improve their focus on studies.

KEYWORDS

Hiking, mental health, stress

EVIDENCE/RESOURCES

<https://www.veto.be/artikel/imsal-hikes>

IDENTIFICATION

Catholic University of Louvain - Physical and sports activity, psycho-corporal techniques and mental and physical health. <https://uclouvain.be>

TYPE

Educational and Training Programmeme

TIME FRAME

-

LEVEL

Local

DESCRIPTION

Subjects/ Content

Volume 1

- Physical and sports activity: distinction of concepts, philosophical bases (opposition dualism-monism), definitions, specific objectives, their content, their societal organizations in Belgium, value of the relationship to the body in civilizations and in history, presentation data for Belgium
- Impact on health (physical, mental and sexual): on physiological (respiratory, cardio-pulmonary and vascular systems, cerebral system), and psychological (on personality factors such as self-esteem, anxiety, depression, education systems, family, socio-relational, studies, ...)
- Impact according to the intensity and frequency according to the different populations concerned and the environmental system (child-adolescent-adults-seniors). On specific populations: with a psychological problem, social reintegration, with handicap (motor, sensory and mental) competition and high

level, physical disorders (obesity, diabetes, ...) and transplanted (kidneys, heart, liver, ...)

- Motivational aspects which push people to engage or not in the practice of PA or even to disengage from it.
- Theoretical and practical basis allowing health professionals to arrive at:

1) Understand the value of PA as a therapeutic tool in certain pathologies / prevention tool for the occurrence of certain diseases and for improving the quality of life and physical, mental and sexual health.

2) Encourage / help a person to be more active.

Presentation of the psycho-corporal techniques whose aim is the harmonization of the relations between the body and the psyche and which have a certain empirical validation are: psychomotricity, respiration, muscle tone (Jacobson method), Eutonia, Autogenic training by Schultz, Yoga. Techniques integrating cognitive dimensions and the relationship with the body such as internal dialogue, Autogenic Training by Schultz, imagery.

Volume 2

- The techniques already mentioned, or a selection among them, must be the subject of a specific teaching for the students so that they can use them with their future patients. Being able the use of these techniques is not difficult in itself, but the difficulty lies in the time to devote to acquiring the use of the tool.

RESULTS

Acknowledgment

1) At the end of this teaching unit, the student will be able to:

The student will be able to know, use properly the different components of the world of physical activity and sport in society.

The student will be able to know the impact of certain specific factors on the different physical (cardiac, pulmonary, muscular, etc.) and psychological (self-esteem, anxiety, depression, etc.) systems.

2) At the end of the practical sessions, the student will be able to diagnose and apply the different techniques taught such as breathing, muscle tone management, internal language, imagery, under the supervision of the training supervisor, on patients.

KEYWORDS

Physical and sports activity, anxiety, depression, handicap, therapeutic tool.

EVIDENCE/RESOURCES

<https://uclouvain.be/cours-2020-lpsys2841>

IDENTIFICATION

M. Probst, PT, Ph.D Professor, Department of Rehabilitation Sciences and Physiotherapy, Faculty of Kinesiology and Rehabilitation Sciences K.U.Leuven, Head of Physiotherapy Service, UPC-K.U.Leuven, campus Kortenberg, Belgium.

TYPE

Educational and Training Programmeme

TIME FRAME

8-10 February 2012

LEVEL

Local

DESCRIPTION

Patients with eating disorders experience have an intense fear of gaining weight and present a negative body experience and a disturbed body perception (weight, circumference and form). Excessive exercise, drive for activity or hyperactivity are considered to be a secondary symptom in the diagnostic of patients with eating disorders and are characterised by a voluntary increase of physical activity, a compulsive urge to move and by the dissociation of fatigue. The goal of this workshop is to present practical guidelines for physiotherapeutic management in eating disorder. These guidelines are based on the research literature and on more than 30 years of clinical and scientific experience in this field at the University Psychiatric Center-KULeuven, campus Kortenberg (Belgium). The cornerstones for a physiotherapy approach in children, adolescents and adults will be proposed. A description of the possible goals/objectives such as reconstructing a realistic self-concept, curbing hyperactivity, learning how to enjoy the body will be discussed. Different therapeutic interventions aimed at improving the body experience in patients with eating disorders

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through the use of physiotherapy will be introduced. Attention will surely be paid to particular therapeutic techniques such as relaxation training (e.g. mindfulness, yoga, ...), breathing exercises, physical activities, sensory awareness and self-perception (mirror exercises, body awareness, ...), all of which are used in physiotherapy.

RESULTS

Practical skills will be learned and therapeutic procedures will be discussed. At the end two questions will be elaborated: “What kind of assessment can be used by physiotherapist working with eating disorders?” and “Do patients with eating disorders benefit from physiotherapy?”

The goals of the workshop: To give a review of the literature concerning physiotherapy in eating disorders - To propose and to experience “adapted physiotherapeutic exercises” based on our clinical experience - To analyse the research data in regard of body experience and excessive exercise - To discuss the pros and the cons, the therapeutic and practical implications

KEYWORDS

Physical activities, therapeutic interventions, eating disorders

EVIDENCE/RESOURCES

<http://www.ioptmh.org/IOPTMH%20-%20Edinburgh%20abstractbook.pdf>

IDENTIFICATION

European Network of Active Living for Mental Health (ENALMH).

TYPE

The European Network of Active Living for Mental Health (ENALMH) A.I.S.B.L. established a network - European umbrella organization

TIME FRAME

Educational and Training Program

LEVEL

European

DESCRIPTION

The European Network of Active Living for Mental Health (ENALMH) established network which aims to promote the use of Sport & wider context of Mental Health. It is seated at Brussels, Belgium and operates under the Belgian Law with the legal form of an international not for profit Association (AISBL members from 11 countries IT, UK, SP, GR, CZ, PT, IE, HR, LI, SI and TR).

ENALMH as a European umbrella organization doesn't provide direct services to beneficiaries or doesn't develop interventions at national level. It focuses at:

- The development of policies and tools co (ALMH);
- The establishment of campaigns and other communication activities to promote the overall ALMH movement;
- The support of its members to spread the messages and implement policies at national level

Within this context ENALMH cooperates with:

- EU institutions and Agencies - the public sector (state, regional or local authorities and NHS);
- Education and Research institutions;
- EU and international Networks and Federations of the Health;
- Non-profit and for profit entities of the private sector;
- Health and Sport professionals.

ENALMH is a member of “Mental Health Europe” and “Sport & Citizenship” and cooperates closely among others with International Sport and Culture EUFAMI, GAMIAN-Europe and a large range of Universities Europe wide and beyond. Recently ENALMH has been registered in the EU Public Health Platform and the Agora Network operated by the EC / D.G. Health.

RESULTS

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KEYWORDS

Active living

EVIDENCE/RESOURCES

<http://enalmh.eu/index.php/en/>

IDENTIFICATION

The Open Complementary Medicine Journal, 2010, 2, 105-113. Michel Probst, Jan Knapen, Greet Poot and Davy Vancampfort.

University Psychiatric Centre- K. U. Leuven, Campus Kortenberg, Belgium and Department of Rehabilitation Sciences, Faculty of Kinesiology and Rehabilitation Sciences, K. U. Leuven, Belgium

TYPE

Therapeutic Scheme

TIME FRAME

2010

LEVEL

National

DESCRIPTION

In Belgium and the Netherlands, psychomotor therapy as a kind of physical activity and body-oriented therapy has been well integrated into mental health care since 1965. Psychomotor therapy is defined as a method of treatment that uses body awareness and physical activities as cornerstones of its approach. In Flemish psychiatric hospitals, psychomotor therapy is embedded in different treatment programmes for different diagnosis related patient settings.

Since 1962, in Flanders the domain of PMT was included in the graduate studies (master) of kinesiology, rehabilitation, and physiotherapy. Since 1965, psychomotor therapy has been systematically integrated in the different residential programmes for psychiatric patients in the Netherlands, Germany, and Belgium (Flanders).

Psychomotor Therapy: A Complementary Therapy?

In Flanders, psychomotor therapy can be seen as a supplement to biomedical treatment, in accordance with internationally accepted standard models. It is integrated in the dominant health care system. Psychomotor therapy is theoretically well underpinned and taught at the university level. Research in this field is increasing, and there is now clinical and scientific evidence. There are no real side effects, and the rules of safety are transparent.

Clinical Interventions:

- Psychomotor Therapy for Patients with Schizophrenia. Psychomotor therapy for schizophrenia may consist of (a) a stress reduction programme, (b) a movement activation programme and (c) a psychosocial therapy programme.
- Psychomotor Therapy in a Cognitive Behavioural Setting for Patients with Eating Disorders.
- Psychomotor Therapy in a Clinical Psychotherapy Setting for Patients with Personality Disorders.

RESULTS

Psychomotor therapy is well established in different parts of Europe, but it is not well known in Anglo-Saxon countries. Psychomotor therapy uses body awareness exercise and physical activities in a systematically way as its medium. Physical activities in all their aspects are the main feature in this therapeutic approach, which can be situated in between physical activity and psychological therapy. Psychomotor therapy (PMT) interfaces with other approaches as exercise and dance movement therapy. It can also be integrated into different psychological approaches. Psychomotor therapy is mostly used as a supplement and support to psychiatric treatment. Treatment programmes, much research still needs to be done. This paper, reaches out to other mental health caregivers who use physical activity as a main part of their approach. By doing so, we hope to open the door to a more intensive interchange of ideas for the future.

KEYWORDS

Therapy, physical activity, mental health care, treatment

EVIDENCE/RESOURCES

<https://bodymindintegration.com/wp-content/uploads/2014/05/105TOALTMEDJ.pdf>



PRACTICES FROM GERMANY

IDENTIFICATION

J Prev Med Public Health 2013;46:S12-S21. Elisabeth Zschucke, Katharina Gaudlitz, Andreas Ströhle

Department of Psychiatry and Psychotherapy, Charité-Universitätsmedizin Berlin, C Charité Campus Mitte, Berlin, Germany

TYPE

Study/ Review

TIME FRAME

2013

LEVEL

National

DESCRIPTION

Several epidemiological studies have shown that exercise (EX) and physical activity (PA) can prevent or delay the onset of different mental disorders, and have therapeutic benefits when used as sole or adjunct treatment in mental disorders. This review summarizes studies that used EX interventions in patients with anxiety, affective, eating, and substance use disorders, as well as schizophrenia and dementia/mild cognitive impairment. Despite several decades of clinical evidence with EX interventions, controlled studies are sparse in most disorder groups.

RESULTS

Preliminary evidence suggests that PA/EX can induce improvements in physical, subjective and disorder-specific clinical outcomes. Potential mechanisms of action are discussed, as well as implications for psychiatric research and practice.

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KEYWORDS

Exercise, physical activity, mental disorders, treatment, therapy

EVIDENCE/RESOURCES

<https://www.researchgate.net/publication/235667335> Exercise and Physical Activity in Mental Disorders Clinical and Experimental Evidence

IDENTIFICATION

Velten, J., Bieda, A., Scholten, S. et al. Lifestyle choices and mental health: a longitudinal survey with German and Chinese students. *BMC Public Health* 18, 632 (2018). Mental Health Research and Treatment Center, Clinical Psychology and Psychotherapy, Ruhr-Universität Bochum, Germany

TYPE

Study/ Review

TIME FRAME

2018 (one year study)

LEVEL

Outside Europe

DESCRIPTION

Background: A healthy lifestyle can be beneficial for one's mental health. Thus, identifying healthy lifestyle choices that promote psychological well-being and reduce mental problems is useful to prevent mental disorders. The aim of this longitudinal study was to evaluate the predictive values of a broad range of lifestyle choices for positive mental health (PMH) and mental health problems (MHP) in German and Chinese students.

Method: Data were assessed at baseline and at 1-year follow-up. Samples included 2991 German ($M_{age} = 21.69$, $SD = 4.07$) and 12,405 Chinese ($M_{age} = 20.59$, $SD = 1.58$) university students. Lifestyle choices were body mass index, frequency of physical and mental activities, frequency of alcohol consumption, smoking, vegetarian diet, and social rhythm irregularity. PMH and MHP were measured with the Positive Mental Health Scale and a 21-item version of the Depression Anxiety and Stress Scale.

The predictive values of lifestyle choices for PMH and MHP at baseline and follow-up were assessed with single-group and multi-group path analyses.

RESULTS

Better mental health (higher PMH and fewer MHP) at baseline was predicted by a lower body mass index, a higher frequency of physical and mental activities, non-smoking, a non-vegetarian diet, and a more regular social rhythm. When controlling for baseline mental health, age, and gender, physical activity was a positive predictor of PMH, smoking was a positive predictor of MHP, and a more irregular social rhythm was a positive predictor of PMH and a negative predictor of MHP at follow-up. The good fit of a multi-group model indicated that most lifestyle choices predict mental health comparably across samples. Some country-specific effects emerged: frequency of alcohol consumption, for example, predicted better mental health in German and poorer mental health in Chinese students.

Conclusions: Our findings underline the importance of healthy lifestyle choices for improved psychological well-being and fewer mental health difficulties. Effects of lifestyle on mental health are comparable in German and Chinese students. Some healthy lifestyle choices (i.e., more frequent physical activity, non-smoking, regular social rhythm) are related to improvements in mental health over a 1-year period.

KEYWORDS

Physical activity, psychological well-being, mental disorders

EVIDENCE/RESOURCES

<https://bmcpublikealth.biomedcentral.com/articles/10.1186/s12889-018-5526-2>

IDENTIFICATION

Dorscht, L., Karg, N., Book, S. et al. BMC Psychiatry 19, 154 (2019). Department of Psychiatry and Psychotherapy, Centre for Health Services Research in Medicine, University Hospital Erlangen, Germany

TYPE

Study/ Review

TIME FRAME

2019

LEVEL

National

DESCRIPTION

Background: Besides classical approaches for treating depression, physical activity has been demonstrated to be an effective option. Boulderling psychotherapy (BPT) combines psychotherapeutic interventions with action-oriented elements from the field of climbing. The aim of this study is to investigate the effectiveness of BPT compared with a home-based exercise programme (EP - active control group, superiority trial) and state-of-the-art cognitive behavioural therapy (CBT – non-inferiority trial).

Methods: The study is being conducted as a multicentre randomised controlled intervention trial at three locations in Germany. Participants are being randomised into three groups: BPT, CBT, or EP, each with a 10-week treatment phase. A power analysis indicated that about 240 people should initially be included. The primary outcome of the study is the Montgomery and Asberg Depression Rating Scale (MADRS) directly after the intervention. Additional measurement points are located three, six, and 12 months after the end of the intervention. The data are being collected

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via computer-assisted telephone interviews. Statistical analyses comprise regression analyses to test for the superiority of BPT over EP. To test for the non-inferiority of BPT and CBT, a non-inferiority margin of 1.9 points in the Patient Health Questionnaire (PHQ-9) and two non-inferiority margins for the MADRS (half of the two smallest Cohen's d values from the current meta-analyses) was predefined. The mean difference between CBT and EP is being used as a supplementary equivalence margin.

RESULTS

This is the first study to investigate the effect of a bouldering psychotherapy (BPT) on outpatients' depressive symptoms compared with mere physical activity (superiority analysis) and state-of-the-art cognitive behavioural therapy (CBT, non-inferiority analysis). The results of the study may contribute to an enlargement of treatment options for outpatients suffering from depression. As bouldering is getting increasingly popular, participation in a bouldering therapy might be more socially accepted and thus may represent a lower threshold-offering than participation in classical psychotherapeutic approaches.

UA researcher Eva-Maria Stelzer and Katharina Luttenberger of the University of Erlangen-Nuremberg led a team that involved more than 100 individuals in a bouldering intervention in Germany, where some hospitals have begun to use climbing as a therapeutic treatment." (see article: <https://www.sciencedaily.com/releases/2017/05/170525161321.htm>)

KEYWORDS

Depression, physical activity, psychotherapy

EVIDENCE/RESOURCES

<https://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-019-2140-5>

IDENTIFICATION

Hamre, H.J., Witt, C.M., Glockmann, A. et al. BMC Public Health 7, 61 (2007).

TYPE

Study/ Review

TIME FRAME

2007 (4 years study)

LEVEL

National

DESCRIPTION

Background: Many patients with chronic diseases use complementary therapies, often provided by their physicians. In Germany, several physician-provided complementary therapies have been reimbursed by health insurance companies as part of health benefit programmes. In most of these therapies, the patient has a predominantly passive role. In eurythmy therapy, however, patients actively exercise specific movements with the hands, the feet or the whole body. The purpose of this study was to describe clinical outcomes in patients practising eurythmy therapy exercises for chronic diseases.

Methods: In conjunction with a health benefit programme, 419 outpatients from 94 medical practices in Germany, referred to 118 eurythmy therapists, participated in a prospective cohort study. Main outcomes were disease severity (Disease and Symptom Scores, physicians' and patients' assessment on numerical rating scales 0–10) and quality of life (adults: SF-36, children aged 8–16: KINDL, children 1–7: KITA). Disease Score was documented after 0, 6 and 12 months, other outcomes after 0, 3, 6, 12, 18, 24, and (SF-36 and Symptom Score) 48 months.

RESULTS

Patients practising eurythmy therapy exercises had long-term improvement of chronic disease symptoms and quality of life. Although the pre-post design of the present study does not allow for conclusions about comparative effectiveness, study findings suggest that eurythmy therapy can be useful for patients motivated for this therapy.

KEYWORDS

Mental disorders, emotional disorders, depression, fatigue, movement therapy

EVIDENCE/RESOURCES

<https://bmcpublichealth.biomedcentral.com/articles/10.1186/1471-2458-7-61>

IDENTIFICATION

Institute of Movement Therapy and Movement-oriented Prevention and Rehabilitation
(<https://www.dshs-koeln.de>)

TYPE

Educational and Training Programmeme

TIME FRAME

-

LEVEL

Local

DESCRIPTION

The Institute of Movement Therapy and Movement-oriented Prevention and Rehabilitation at the German Sport University Cologne deals with research and teaching on the influence of physical activity and sport on health.

The research areas range from the prevention and promotion of health to rehabilitation and therapy. The Institute of Movement Therapy and Movement-Oriented Prevention and Rehabilitation at the German Sport University Cologne is divided into two departments and one working group:

- Movement-oriented Prevention and Rehabilitation Sciences
- Neurology, Psychosomatic Medicine and Psychiatry
- Working Group Physical Activity-Related Prevention Research.

RESULTS

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KEYWORDS

Movement therapy, psychosomatic medicine

EVIDENCE/RESOURCES

<https://www.dshs-koeln.de>

IDENTIFICATION

Dance Movement Therapy (M. A.)

Master of Arts SRH University Heidelberg

TYPE

Educational and Training Programmeme

TIME FRAME

-

LEVEL

Local

DESCRIPTION

Dance Movement Therapy is the evidence-based use of dance and movement in therapy for promoting physical, emotional, cognitive, social and spiritual integration of individuals and systems of individuals. As an arts therapy approach it has the potential to contribute to activation, stabilization and recovery in the context of prevention, acute intervention, and rehabilitation. In both research and clinical practice, there is an increasing interest in dance movement therapy approaches as a significant enhancement to standard care. Dance movement therapists do not work exclusively in traditional settings such as psychiatry, psychosomatic medicine, or special education.

The applied master's degree in dance movement therapy at the SRH University Heidelberg was developed within the framework of European alignment and recognition of university degrees (the Bologna Process) and accredited in 2012. It

offers graduates of artistic or psychosocial study programmes a qualified education in dance movement therapy.

In contrast to other master's degrees in Germany

This programme is designed as a two-year full-time programme and generally begins in the winter semester on October 1st. The programme details can be found in the official programme handbook. The programme consists of 120 ECTS (European Credit Transfer System) points, and students earn an accredited degree that gives access to world-wide access to doctoral programmes. The language of the programme is English.

RESULTS

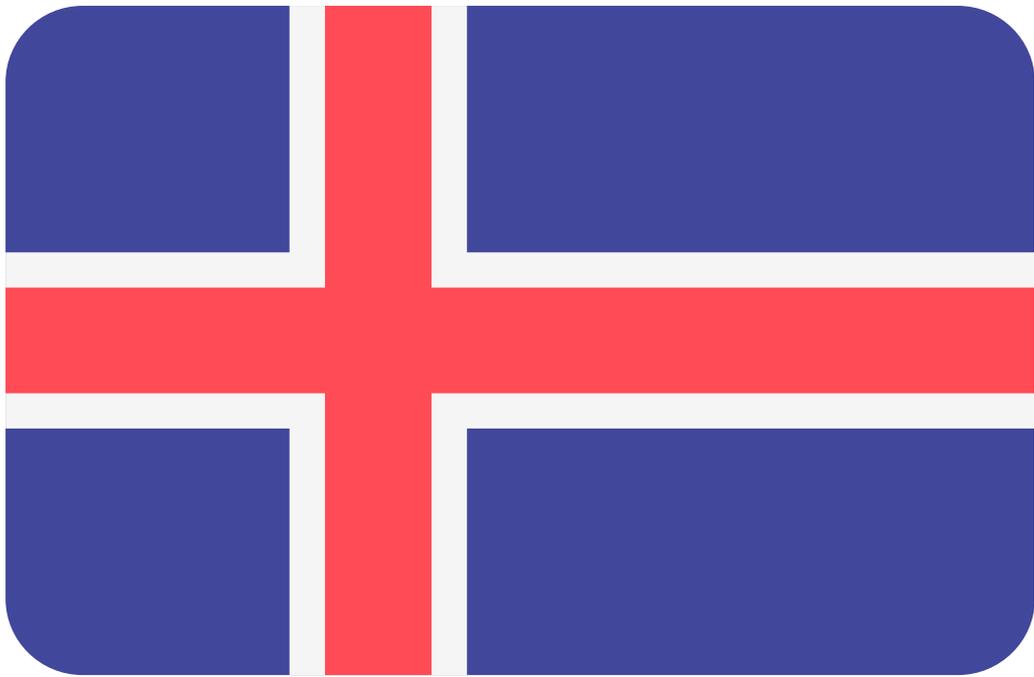
-

KEYWORDS

Dance, movement therapy, psychotherapy

EVIDENCE/RESOURCES

<https://www.hochschule-heidelberg.de/en/academics/masterstudium/dance-movement-therapy/>



PRACTICES FROM ICELAND

IDENTIFICATION

Icelandic Youth association

TYPE

Campaign

TIME FRAME

Since 2015

LEVEL

National

DESCRIPTION

Project name "Show character" campaign to work with mental and social skills of youth and children through sport.

RESULTS

Still ongoing, hosted 4 congress, two big questionnaires.

KEYWORDS

Mental health

EVIDENCE/RESOURCES

<https://www.syunumkarakter.is/>



PRACTICES FROM IRELAND

IDENTIFICATION

Physical activity and generalized anxiety disorder: results from The Irish Longitudinal Study on Ageing (TILDA)

TYPE

Study/ Review

TIME FRAME

3 July 2018

LEVEL

National

DESCRIPTION

Physical activity (PA) may protect against other mental health disorders, including depression.

Target groups: The Irish Longitudinal Study on Ageing (TILDA) is a large prospective cohort study that assesses the social, economic and health circumstances of community-dwelling adults aged ≥ 50 years and their partners of any age, living in Ireland.

RESULTS

The established physical health benefits of PA, the present findings support the importance of increasing PA at the population-level for mental health.

KEYWORDS

Physical exercise, anxiety, old age

238

EVIDENCE/RESOURCES

<https://academic.oup.com/ije/article/47/5/1443/5048421#123531007>

IDENTIFICATION

Associations of self-reported physical activity and depression in 10,000 Irish adults across harmonised datasets: a DEDIPAC-study.

TYPE

Study/ Review

TIME FRAME

Published 1 July 2018

LEVEL

National

DESCRIPTION

The purpose of this study was to investigate the cross-sectional associations between self-reported physical activity (PA) and depressive symptoms and status among Irish adults.

RESULTS

Meeting the PA guidelines is associated with lower odds of elevated depressive symptoms, and increased volumes of MVPA are associated with lower odds of elevated depressive symptoms.

KEYWORDS

Irish population, depression, physical activity, health promotion and society.



EVIDENCE/RESOURCES

<https://link.springer.com/article/10.1186/s12889-018-5702-4>

IDENTIFICATION

Promoting exercise in patients with depression: lessons learned from a brief educational intervention.

TYPE

Study/ Review

TIME FRAME

Published 25 August 2013

LEVEL

National

DESCRIPTION

The objective of this study was to evaluate a pragmatic educational intervention promoting exercise to a group of patients diagnosed with depression, in a community setting.

Target groups: Thirty-five patients with depression.

RESULTS

Exercise seems to improve depressive symptoms in people with a diagnosis of depression when compared with no treatment or control intervention, however since analyses of methodologically robust trials show a much smaller effect in favour of exercise, some caution is required in interpreting these results to established physical health benefits of PA, the present findings support the importance of increasing PA at the population-level for mental health.

Meeting the PA guidelines is associated with lower odds of elevated depressive symptoms, and increased volumes of MVPA are associated with lower odds of elevated depressive symptoms.

This study has generated valuable information on how to improve the promotion of exercise to patients with depression. Advice framed in a positive light, with persistent encouragement and tailoring to individual circumstances, is desired by patients to support their behavioural change.

KEYWORDS

Depression, exercise, treatment outcome, Psychotherapy

EVIDENCE/RESOURCES

<https://www.tandfonline.com/doi/full/10.3109/13814788.2013.819849>

IDENTIFICATION

Associations of physical activity with anxiety symptoms and status: results from The Irish longitudinal study on ageing

TYPE

Study/ Review

TIME FRAME

Published online by Cambridge University Press: 31 January 2018

LEVEL

National

DESCRIPTION

The purpose of this study was to investigate cross-sectional and longitudinal associations between different volumes of moderate-to-vigorous physical activity (PA) and anxiety symptoms and status among older adults in Ireland.

RESULTS

High volumes of PA are cross-sectionally associated with lower anxiety symptoms and status, with a potential dose–response apparent

KEYWORDS

Anxiety, cross-sectional elderly Ireland longitudinal, physical activity

EVIDENCE/RESOURCES

<https://www.cambridge.org/core/journals/epidemiology-and-psychiatric-sciences/article/associations-of-physical-activity-with-anxiety-symptoms-and-status-results-from-the-irish-longitudinal-study-on-ageing/ED690DF7982C754F3F345A840268D706>

IDENTIFICATION

Physical activity and mental health in an Irish population

TYPE

Study/ Review

TIME FRAME

Published 17 July 2018

LEVEL

National

DESCRIPTION

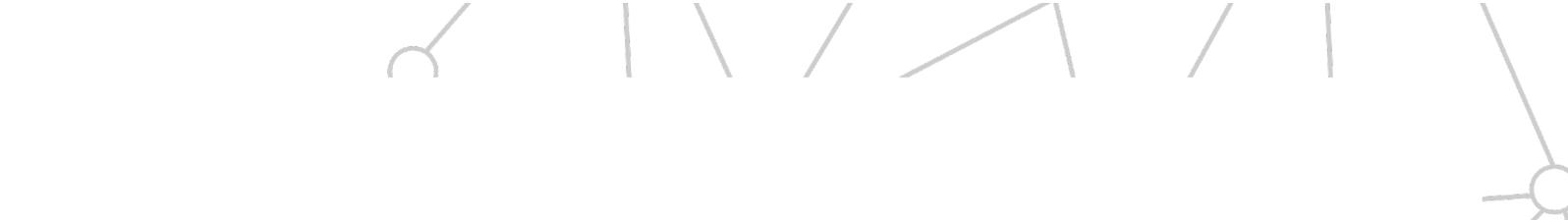
The aim of this study was to examine the association between self-rated physical activity and subjective indicators of both positive and negative mental health in an Irish adult population.

RESULTS

Compared with those who do not, those who report meeting-recommended physical activity requirements are more and less likely to report experiencing positive and negative mental health, respectively.

KEYWORDS

Negative mental health; Physical activity; Positive mental health



EVIDENCE/RESOURCES

<https://www.ncbi.nlm.nih.gov/pubmed/30019096>



PRACTICES FROM AUSTRIA

IDENTIFICATION

Institute for Climbing Therapy

TYPE

Educational and Training Programmeme

TIME FRAME

Since 2018

LEVEL

Local

DESCRIPTION

We began to give courses (in Austria in German Language) for interested practitioners from very different psycho-social fields.

And after some years we also offered courses in the realm of physiotherapy and occupational therapy, finding experienced therapist who wanted to share their expertise. And every year after we got more and more emails from around the world asking if there will be courses taught in English. So here are we now, starting the first english course in August 2018. We think a lot about the pedagogic concept of our courses and try to adept our contents respectively methods to every specific group. A basic method is that we alternate constantly between theory and practice, so that you won't sit for a long time and the combination of learning something and to experience it will be possible. Another concepts that we count on is the neurobiology of learning and John Hattie's scientific findings. Goal of the courses: Qualifying the participants to plan and conduct programmes using climbing as a psychological or pedagogical tool, including the choice of exercises and the verbal interactions before, during and after the action.

RESULTS

“Climbing helps with depression, anxiety disorders, ADHD...”

KEYWORDS

Climbing therapy, depression, anxiety disorders, attention deficit hyperactivity disorders

EVIDENCE/RESOURCES

<http://www.climbingtherapy.com/about-us-therapeutical-climbing-training/>

IDENTIFICATION

Martin Niedermeier, Arnulf Hartl, Martin Kopp. *Front Psychol.* 2017; 8: 1237. Published online 2017 Jul 20.

Department of Sport Science, University of Innsbruck, Innsbruck, Austria

Institute of Eco medicine, Paracelsus Medical University, Salzburg, Austria

***Funding: This project was supported by a grant of the Austrian Alpine Association (ÖAV) (<https://www.alpenverein.at/portal/index.php>),

who was supported by the Generali Insurance Company. Publication of the study was supported by the publication fund of the University of Innsbruck.

TYPE

Study/ Review

TIME FRAME

2017

LEVEL

Local

DESCRIPTION

Knowledge about potential protective factors against mental health problems is highly needed. Regular physical activity (PA) in an outdoor environment, like mountain exercising, might reduce psychological distress. Therefore, the aims of the present study were to assess the prevalence of mental health problems in mountain exercisers and to detect factors associated with psychological distress. In a cross-sectional design, we collected self-reported data of 1,536 Austrian mountain exercisers. The prevalence of mental health problems and psychological distress (Kessler Psychological Distress Scale), the level of PA International Physical Activity Questionnaire, and affective valence during PA (Feeling Scale) were obtained.

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Stepwise multiple linear regression analysis was conducted to assess factors influencing psychological distress. The prevalence of mental health problems in Austrian mountain exercisers was 14%. Health-enhancing PA level and higher affective valence during PA were significantly associated with lower psychological distress. Minimal PA level was not significantly associated with lower psychological distress compared to inactive PA level. Marital status, education, alpine association membership, and body mass index did not show a significant influence on psychological distress. The prevalence of mental health problems seems to be lower in Austrian mountain exercisers compared to the European population. A health-enhancing PA level and affective valence increasing forms of PA were shown to be associated with lower psychological distress. Results might lead to interventional studies focusing on the potential of outdoor PA, e.g., mountain exercise, as an adjunct treatment in people at risk or with mental health problems.

RESULTS

Major Findings: To the best of our knowledge, this was the first study to show the prevalence of mental health problems in the specific population of mountain exercisers. The major findings in this study were, that (1) being male, older age, higher income, higher activity level, higher HRQoL and higher affective valence during PA were associated with lower psychological distress. (2) Psychological distress was not significantly associated with membership in alpine association and weight status. (3) The prevalence of mental health problems in mountain exercisers seems to be lower compared to the European population.

Conclusion: The present study showed that being physically active in HEPA category and experiencing high affective valence during PA seem to be associated with lower psychological distress in mountain exercisers. Obtained results should lead to prospective longitudinal studies focusing on the prevention of mental health problems by outdoor PA on one hand as well as testing the potential of mountain PA as an adjunct treatment in people with mental health problems on the other hand.

Furthermore, the results could be helpful for health professionals for PA recommendations for the prevention of mental health problems by including outdoor exercise as an interesting alternative to traditional indoor exercises.

KEYWORDS

Mental health, physical activity, mountain exercise

EVIDENCE/RESOURCES

<https://www.frontiersin.org/articles/10.3389/fpsyg.2017.01237/full>

IDENTIFICATION

Acta Psychiatr Scand. 2012 Dec;126(6):467-75. Sturm J1, Plöderl M, Fartacek C, Kralovec K, Neunhäuserer D, Niederseer D, Hitzl W, Niebauer J, Schiepek G, Fartacek R.

Suicide Prevention Research Programme, Paracelsus Medical University Salzburg, Austria.

TYPE

Study/ Review

TIME FRAME

2012

LEVEL

Local

DESCRIPTION

Objective: The following crossover pilot study attempts to prove the effects of endurance training through mountain hiking in high-risk suicide patients.

Method: Participants (n=20) having attempted suicide at least once and clinically diagnosed with hopelessness were randomly distributed among two groups. Group 1 (n=10) began with a 9-week hiking phase followed by a 9-week control phase. Group 2 (n=10) worked vice versa. Assessments included the Beck Hopelessness Scale (BHS), Beck Depression Inventory (BDI), Beck Scale of Suicide Ideation (BSI), and maximum physical endurance.

RESULTS

Ten participants of Group 1 and seven participants of Group 2 completed the study. A comparison between conditions showed that, in the hiking phase, there was a significant decrease in hopelessness ($P < 0.0001$, $d = -1.4$) and depression ($P < 0.0001$, $d = -1.38$), and a significant increase in physical endurance ($P < 0.0001$, $d = 1.0$), but no significant effect for suicide ideation ($P = 0.25$, $d = -0.29$). However, within the hiking phase, there was a significant decrease in suicide ideation ($P = 0.005$, $d = -0.79$).

Conclusion: The results suggest that a group experience of regular monitored mountain hiking, organized as an add-on therapy to usual care, is associated with an improvement of hopelessness, depression, and suicide ideation in patients suffering from high-level suicide risk.

KEYWORDS

Mountain hiking, physical exercise, suicide patients

EVIDENCE/RESOURCES

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1600-0447.2012.01860.x>

IDENTIFICATION

Clemens Ley, Institut für Sportwissenschaft, Universität Wien, Austria.

TYPE

Study/ Review

TIME FRAME

Since 2013

LEVEL

Local

DESCRIPTION

This study aims to describe and explain therapeutic processes and effects taking place in a sport and exercise programme with war and torture survivors. War and torture survivors face serious health issues with a high prevalence of PTSD, depression, and anxiety disorders due to their experiencing traumatic events, forced migration, and acculturation challenges in a new, culturally and linguistically different society. Therefore, we conducted a holistic, single case study attempting to provide an in-depth and nuanced account of a single participant, and construct a more holistic understanding of the complex phenomena of diverse processes and effects of sport and exercise in relation to specific individual needs and recovery processes (cf. Day & Wadey, 2016; Stake, 1995; Yin, 2014).

Intervention: Sport and Exercise Therapy Programme Movi Kune

Since 2013, the sport and exercise psychology department (University of Vienna, Austria) and the care center for torture and war survivors Hemayat have been working together in this project, offering sport and exercise therapy as an adjustive offer to

psychotherapy. Each year, war and torture survivors in the care of Hemayat participated in gender-separated groups (on average 5–10 participants per group).

The male group of 2014 was facilitated by two trainers/facilitators and one sport and exercise therapist, and was accompanied by a trauma-expert. The intervention was conducted for 3 months, with two weekly sessions of 90 minutes each. The contents and strategies were multimodal in nature and were documented up-front and revised after each session, as the programme was continuously adapted to the needs and interests of the participants to augment motivation and adherence to physical activity. For example, in the intervention group of this study, the participants often expressed their wish to play basketball, although different sports and games (Tchoukball, Ultimate Frisbee, and other ball games) were introduced. The programme was based on sport, exercise, and movement therapy principles, including the dimensions of training, learning, and experiencing, a perspective on Salutogenesis and health literacy (see Ley, Lintl, & Movi Kune Team, 2014). Various tools were applied, including modified sports, dance, and games; respiration and relaxation techniques; movement tasks, body awareness and grounding exercises; and endurance, resistance, coordination, and mobilization exercises. Nonverbal methods were combined with verbal techniques, applying mainly person-centered communication.

Group processes were managed by regulating the degree and method of social interaction and physical contact, by providing the individual choice to opt-out and opt-in, and by fostering self-regulation of the training load, own level of engagement, and role in the team.

RESULTS

Conclusion: The findings of this case study describe diverse effects—that is, motivational-restorative, distraction, and exposure effects—of a sport and exercise therapy programme on a war and torture survivor, showing the complexity of interactions between various processes and effects. The effects seemed to contribute to an improved sense of well-being of the participant (i.e., enjoying life more, having

less depressive moods, being more active and motivated for living), a respite from PTSD symptoms, more presence, body- and self-awareness, and exercise adherence. Thus, the findings support the application of sport and exercise in the rehabilitation and recovery process of war and torture survivors and people living with PTSD, adding some holistic insights to the existing literature and implications for practitioners about how sport and exercise can be implemented, which precautions need to be considered, and which effects and processes may be targeted.

The continuous participation of a trauma-expert in the intervention was crucial to work within the limits of competences and to deal in the best possible way with potential trauma triggers and exposure to negative experiences (Ley, Krammer, Lippert, & Rato Barrio, 2017; Ley & Rato Barrio, 2017).

KEYWORDS

Sport, exercise therapy, mental health, post traumatic stress, depression

EVIDENCE/RESOURCES

<https://journals.sagepub.com/doi/full/10.1177/1049732317744533>

<https://www.ncbi.nlm.nih.gov/pubmed/29199529>

IDENTIFICATION

Alexis Zajetz, psychotherapist and founder of the Institut für Therapeutisches Klettern (Institute of Therapeutic Climbing) based in Thalgau, Austria.

TYPE

Therapeutic Scheme

TIME FRAME

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LEVEL

National

DESCRIPTION

In Austria and Germany in particular, climbing as therapy is well-established, with educational courses on the topic, books and even hospitals boasting climbing facilities. Scientific research into the positive effect of climbing in the areas of physiotherapy, ergotherapy and psychotherapy is growing, to provide solid evidence for its use as an alternative therapy.

In ergotherapy (the treatment of a disease or injury through appropriate physical effort) we work mostly with children and focus on something called sensory integration, a concept within ergotherapy. We work mostly with children with ADHD and those with learning disabilities. These courses are always full. If you start a course in a big city there are waiting lists since so many children are diagnosed with ADHD, perhaps even over diagnosed. The next largest group within ergotherapy is rehabilitation for patients who have suffered from a stroke.

In physiotherapy there is a really wide range of patients, because we have the advantage in climbing that the whole body is working - no limb is neglected - you can train the abdominal, back, hands, arms and legs and so on, there is no specific focus. It's not only for orthopedic patients though, some therapists are specialised in neurological programmes and this is the area with the most scientific proof that climbing therapy works.

RESULTS

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KEYWORDS

Climbing therapy, physiotherapy, ergotherapy, Attention Deficit Hyperactivity Disorder

EVIDENCE/RESOURCES

https://www.ukclimbing.com/articles/features/climbing_therapy_in_europe_-_a_modern_medicine-8502



PRACTICES FROM CYPRUS

IDENTIFICATION

SSRIs versus exercise training for depression in chronic heart failure

TYPE

Study/ Review

TIME FRAME

2013

LEVEL

European

DESCRIPTION

Depression is common in chronic heart failure (CHF) and is associated with poor quality of life (QoL), increased morbidity, frequency of hospitalizations and mortality. Research suggests that depression in CHF populations improves during exercise training rehabilitation programmes. Nevertheless, findings regarding the magnitude of improvement are inconsistent. Also, it has not been demonstrated whether exercise training is more or less effective in treating depression in CHF, compared to Selective Serotonin Reuptake Inhibitors (SSRIs) which are currently the standard pharmacological treatment of depression.

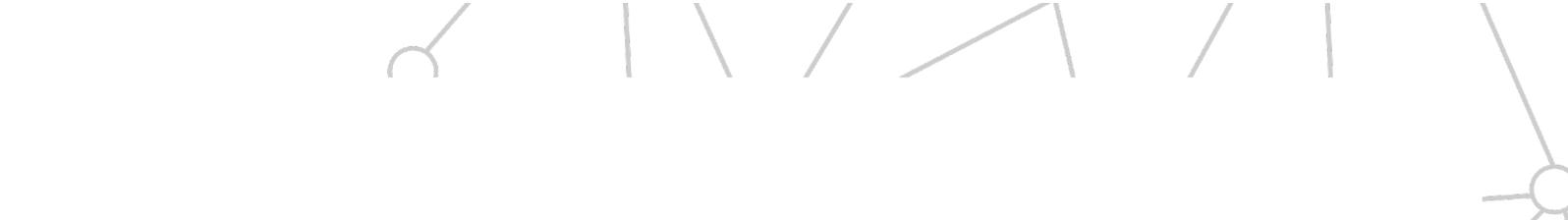
RESULTS

xx

KEYWORDS

Depression, exercise training, chronic heart failure

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EVIDENCE/RESOURCES

[https://www.internationaljournalofcardiology.com/article/S0167-5273\(13\)01354-5/abstract#](https://www.internationaljournalofcardiology.com/article/S0167-5273(13)01354-5/abstract#)

IDENTIFICATION

Eleonora Papaleontiou, Department of Physiology, Cyprus. Acta Scientific Neurology
2.3 (2019) : 19-24

TYPE

Study

TIME FRAME

2019

LEVEL

National

DESCRIPTION

Lifestyle factors facilitating mental health :

Literature refers to several such factors, as vivid light and fresh air ; time in nature ; avoiding negative thinking ; regular, quiet sleep ; daily, spiritual exercises ; systematic physical exercise ; deep breathing exercises ; the positive effect of classical music ; health nutrition and diet ; healthy relationships ; recreation ; relaxation and stress management ; religious or spiritual involvement ; service to others, unconditional love, etc.

Systematic Physical Exercise :

Can soothe the feeling of deep melancholy and depression as effectively as antidepressant drugs (Heath and Wilkerson, 2018). Such exercise can be aerobics, such as walking, jogging, swimming, cycling and it is recommended for at least 3 times per week for 30 minutes each time. Another study has shown that vigorous physical activity was a protective factor for depressive symptoms, while insufficient physical activity was associated with various psychological problems, such as depression.

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RESULTS

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KEYWORDS

Depression, melancholy

EVIDENCE/RESOURCES

<https://www.actascientific.com/ASNE/pdf/ASNE-02-0027.pdf>

IDENTIFICATION

Knowledge of elementary school educators in Cyprus regarding developmental coordination disorder in childhood

TYPE

Study/ Review

TIME FRAME

2016

LEVEL

National

DESCRIPTION

The purpose of this study was to investigate and record the knowledge of Cypriot educators, in regard to Development Disorders and Movement Coordination.

According to the Diagnostics and Statistical Manual of Mental Disorders – V (American Psychiatric Association, 2013), 5-7% of school age children are directly influenced. Also, the study investigated whether previous work experience of educators is related to overall knowledge on the issue. The participants in the study were 107 junior school teachers from various schools in Cyprus. Of these, 18 were male and 89 females, and they all answered an anonymous knowledge questionnaire. The questionnaire consisted of 31 open-ended and closed questions as well as multiple choice questions covering the entire spectrum of Development Disorders and Movement Coordination. This specific questionnaire has been used in similar research studies in Greece (Tziva-Kostala, Douroukas, Kostala & Kourtessis, 2009). In this investigation, the unsuitability of the questionnaire has been confirmed in a pilot study.

RESULTS

The results of the investigation demonstrate the moderate knowledge of teachers in regard to Development Disorders and Movement Coordination. In addition, further statistical data analysis found that there was no significant correlation between years of previous work experience and knowledge concerning Development Disturbance and Movement Coordination. Lastly, teachers themselves have expressed that their overall knowledge on the issue is very limited and that they would benefit from ongoing education and training. Given the difficulties of teachers to detect children with Development Disorders and Movement Coordination, the findings of this confirm the need for ongoing education and training of teachers.

Early detection and identification will allow early intervention, giving the opportunity to children to reach their true capabilities. Finally, the outcomes underline the need in reinforcing the role of movement and in effect the general development of movement in children. As shown in the relevant study, achieving this is very important since we now know that developmental movement difficulties in children affect all other child developmental areas.

KEYWORDS

Disorders and Movement Coordination, movement, development

EVIDENCE/RESOURCES

<https://www.panr.com.cy/article/knowledge-of-elementary-school-educators-in-cyprus-regarding-developmental-coordination-disorder-in-childhood/>

IDENTIFICATION

Fisher, J.J., Kaitelidou, D. & Samoutis, G. Happiness and physical activity levels of first year medical students studying in Cyprus: a cross-sectional survey. BMC Med Educ 19, 475 (2019).

St George's University of London medical programme delivered by the University of Nicosia Medical School, Nicosia, Cyprus.

Open University of Cyprus, Health Management MSc Programme, Nicosia, Cyprus.

TYPE

Study/ Review

TIME FRAME

2019

LEVEL

National

DESCRIPTION

Background: Levels of physical activity and happiness may impact the health and performance of future doctors. The specific relationship between physical activity and happiness among first year medical students is unclear. The purpose of this study was to investigate these variables and how they relate within first year, graduate entry Bachelor of Medicine, Bachelor of Surgery students studying in Cyprus.

Methods: Self-administered questionnaires were provided for all first year medical students at the St. George's University of London medical programme delivered by the University of Nicosia Medical School in Cyprus. Physical activity was assessed using the International Physical Activity Questionnaire Short Form and happiness was assessed using the Short Depression Happiness Scale. Surveys were completed by 268

79 of the 120 students (median age of 24 years). Happiness and continuous measures of physical activity amounts were investigated using Spearman's rank-order correlation. Mann-Whitney U Tests were used to make further comparisons between the physical activity levels across happy and depressed groups and gender, as well as to compare the levels of happiness reported by each gender.

RESULTS

High levels of physical activity were evident in 60.8% of students. Results suggested depression among 15.2% of students. A positive correlation was observed between happiness and amount of vigorous intensity physical activity among female students ($p < 0.05$), but not males. Happy females performed more vigorous physical activity than depressed females ($p < 0.05$). The total amount of physical activity performed, as well as level of happiness, did not significantly differ between genders.

Conclusions: A relationship exists between physical activity and happiness among female first year medical students. The intensity of physical activity may play an important role within this group. There appears to be relatively high levels of physical activity and low levels of depression among male and female first year medical students studying in Cyprus. This study provides new knowledge regarding relationships between happiness and physical activity among first year medical students, and is also the first characterization of happiness and physical activity habits among students in Cyprus. This may help to inform future policies aimed at promoting health and wellness within student communities.

KEYWORDS

Happiness, physical activity, mental health.

EVIDENCE/RESOURCES

<https://bmcmmededuc.biomedcentral.com/articles/10.1186/s12909-019-1790-9>

IDENTIFICATION

European Journal of Oncology Nursing

Volume 26, February 2017, Pages 9-18.

• Theologia Tsitsia, Andreas Charalambous, Evridiki Papastavrou, Vasilios Raftopoulos

Cyprus University of Technology, Nursing Department, Limassol, Cyprus

TYPE

Study/ Review

TIME FRAME

2017 (study 2012-2013)

LEVEL

European

DESCRIPTION

Purpose: To explore the effect of Progressive Muscle Relaxation (PMR) and Guided Imagery (GI), in reducing anxiety levels among parents of children diagnosed with any type of malignancy receiving active treatment at a Pediatric Oncology Unit in Republic of Cyprus and in Greece.

Method: A randomized non-blinded control trial was conducted between April 2012 to October 2013, at two public pediatric hospitals. Fifty-four eligible parents of children hospitalized with a malignancy were randomly assigned to the intervention (PMR and GI) (n = 29) and a control group (n = 25). The study evaluated the changes in anxiety levels(HAM-A) and mood changes(POMSb).

RESULTS

Conclusions: These findings provided evidence on the positive effect of the combination of PMR and GI in reducing anxiety and improving mood states in parents of children with malignancy.

Highlights: Supports the benefits of relaxation for the reduction of anxiety/improvement of mood in parents of children with malignancy.

- Supports the acceptability, effectiveness and impact of relaxation techniques concerning the reduction of parental anxiety.
- It is highly recommended being offered by nurses to the parents of hospitalized children as a daily nursing intervention.
- Train parents to practice on their own, considering that it is a non-invasive, inexpensive and non-time consuming process.

KEYWORDS

Relaxation intervention, mood, anxiety

EVIDENCE/RESOURCES

[https://www.ejncologynursing.com/article/S1462-3889\(16\)30110-7/fulltext](https://www.ejncologynursing.com/article/S1462-3889(16)30110-7/fulltext)

IDENTIFICATION

Pancyprian Association of Physiotherapists

<http://www.cyprusphysio.com>, cyprusphysio@cytanet.com.cy

TYPE

Campaign

TIME FRAME

2018 (annual event)

LEVEL

Local

DESCRIPTION

The Pancyprian Association of Physiotherapists conducted the following activities to celebrate World Physical Therapy Day 2018:

- The flyer was translated into Greek and sent to all members of the association.
- A press release was prepared and distributed to all mass media.
- A member of the Board was invited to four local TV and two radio stations. There he conveyed to the public the message of the day “Physical therapy and Mental Health” and explained the value of physical therapy for the body and mental health problems of the global population.
- An event was organised at Acropolis Public Park in Nicosia, on 8th September 2018 from 09.00 to 20.00, where four physiotherapists volunteered their services demonstrating to the public, adults and children various physical and functional exercises. The public found it very interesting and was actively involved. Members of the Executive Committee also advised people on the benefits of physiotherapy and distributed leaflets about the profession.

- Thirteen physiotherapy and rehabilitation centers in Cyprus offered their services free to the public.

RESULTS

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KEYWORDS

Physical therapy, mental health, exercise, physical exercise

EVIDENCE/RESOURCES

<https://www.wcpt.org/node/175472>

IDENTIFICATION

Nicos Kartakoullis, Christina Loizou. University of Nicosia, Cyprus

Nicos L. Kartakoullis & Christina Loizou (2009): Is Sport (Football) a Unifying Force or a Vehicle to Further Separation? The Case of Cyprus, *The International Journal of the History of Sport*, 26:11, 1652-1667

TYPE

Therapeutic Scheme

TIME FRAME

2009

LEVEL

National

DESCRIPTION

The Republic of Cyprus became an independent state in 1960. It has been de facto divided since 1974. Efforts over the past 30 years to solve the Cyprus problem and reunify the island have not yet been successful yet. Various attempts have been made at different levels from politicians, professionals and the United Nations to bring the two communities on the island together but again these attempts have been without success.

Sport has never been utilized in these attempts. Sports carry specific rules, norms and values that are in many instances more flexible than the ones adapted in general in social settings. Sport has been perceived as being a great socialization agent. The code of ethics in sports allow participants to interact at a different level, thus developing trust that can be transferred to other areas of life. Thus, the organization of summer camps through the “Doves Olympic Movement” presents the first attempt on the island

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of Cyprus to utilize sport and related activities to build trust in Greek Cypriot and Turkish Cypriot children.

The purpose of the project was to enhance favourable development and relationships between Greek Cypriot and Turkish Cypriot youths from the two communities in conflict. This paper examines the impact that the summer camps had on the children and instructors who participated in the camps, and how this participation managed to change their perceptions in relation to specific issues.

RESULTS

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KEYWORDS

Sport, socialization, trust, relationship

EVIDENCE/RESOURCES

https://www.researchgate.net/publication/267990346_Utilizing_sport_to_build_trust_-_the_case_of_Cyprus



PRACTICES FROM LUXEMBOURG

IDENTIFICATION

Association Luxembourg et Grande Région de Prévention et de gestion du Stress (APGS) (Association Luxembourg and Greater Region for Stress Prevention and Management)

TYPE

Therapeutic Scheme

TIME FRAME

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LEVEL

National

DESCRIPTION

What is APGS ?

APGS asbl is an association for the prevention and management of pathologies linked to chronic stress in Luxembourg and the Greater Region. It offers tailored physical and body oriented psychotherapy activities for people with depression or burnout. These activities are offered alongside the medico-psychological follow-up or after the hospitalization. This association offers supervised activities to reduce the level of internal tension.

Offer in the way of physical activity :

The activities proposed enhance the decrease in the level of internal tension via physical and mental relaxation, the awareness of the body via the perception of their own feelings and the orientation of the gaze on an objective reality, the development

of self-esteem and self-confidence, a gradual return to movement and socialization, while respecting one's abilities.

Types of exercises offered:

The activities are offered in a caring and reassuring context. The sessions are tailored to the participants' abilities so that they can respect their needs and their current state. APGS offers weekly classes in Luxembourg and the Greater Region. The sessions of tailored physical activities combine body gymnastics at low cardiovascular intensity, stretching, suppleness, and postural gymnastics to reduce the pain and tensions of the body. Sessions of body oriented psychotherapy activities (dynamic relaxation, Qi Gong, Feldenkrais) lead the progressive learning of the relaxation of the body and the mind and provide tools to better manage chronic stress.

Who can participate?

These accompanying activities are reserved for persons benefiting from a medical or psychological follow-up or that are out of hospitalization (mild or moderate depression, burnout). A medical clearance to practice physical activities is required.

RESULTS

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KEYWORDS

Physical activity, stress, depression, body psychotherapy

EVIDENCE/RESOURCES

<https://www.sport-sante.lu/index.php/en/2015-02-20-09-46-44/2017-02-24-12-59-50/association-de-prevention-et-gestion-du-stress-3>

IDENTIFICATION

Medical Service of the Schools of Luxembourg City and Luxembourg City Sports Service

TYPE

Campaign

TIME FRAME

Since 2010

LEVEL

National

DESCRIPTION

What is “Movin’Kids”?

In 2010, the Medical Service of the Schools of Luxembourg City in collaboration with the Luxembourg City Sports Service has established a group of physical activity for overweight children. The project has been launched at the start of the academic year 2010-2011. The aim is to provide children the love of moving and feeling of success without being involved in competition. This is done in an atmosphere of well-being whilst creating team spirit. Furthermore, specific workshops on eating habits and self-esteem are organized. A dietary monitoring is offered to families.

Offer for physical activity :

Games and various sports activities are offered to the children. These activities are organized outside as well as inside in the gym; multi-sport and gymnastics are proposed, and, in addition, swimming is offered alternately. The intensity of the exercises and the level of difficulty are adapted to each participant’s abilities. All of

these activities are animated and supervised by sport monitors from the Sports Service who have the appropriate qualifications.

Offer for health promotion :

Physical activity is important but a balanced and healthy diet is also necessary for the well-being of children. In this context, workshops on healthy eating and self-esteem are offered by the Medical Service as well as a dietetic follow.

Who can participate?

The registration is open to all children from Luxembourg-City with overweight trouble at the age of 8 to 12 years. The recruitment is done after the screening of the children during their medical examination as part of the school medicine. A registration at the initiative of their parents is also possible after the control of the file by the medical team. The upper limit of participants is 20.

RESULTS

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KEYWORDS

Physical activity ; well-being ; self-esteem

EVIDENCE/RESOURCES

<https://www.sport-sante.lu/index.php/en/2015-02-20-09-46-44/obesity-2/movin-kids-en>



PRACTICES FROM MALTA

COUNTRY

Malta

IDENTIFICATION

Antonella Grech

TYPE

Therapeutic Scheme

TIME FRAME

10 classes in 2015

LEVEL

Local

DESCRIPTION

The programme consisted of 10 classes every fortnight with each class lasting approximately an hour, at the Mental Health Association.

RESULTS

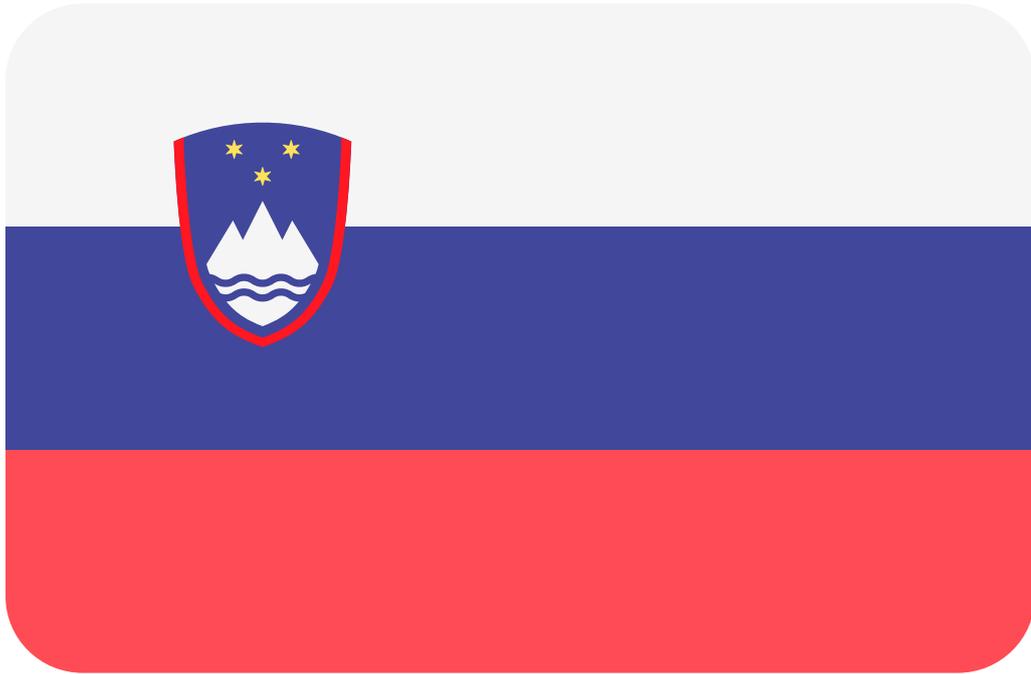
KEYWORDS

Fitness classes, fitness for mental health, mental health association



EVIDENCE/ RESOURCES

<http://www.mhamalta.com/article/fitness-classes-for-mental-health-association-malta-members>



PRACTICES FROM SLOVENIA

COUNTRY

Slovenia

IDENTIFICATION

Alenka Hozjan

TYPE

Study/ Review

TIME FRAME

2 months in 2013

LEVEL

Local

DESCRIPTION

A sample of 10 patients from the Rudnik psychiatric practice (average age of 47.1 ± 12.3 years) were involved in a 2-months nordic walking programme. Selected body parameters (body weight, skin fold of the upper arm and abdomen, resting heart rate) and aerobic abilities (walking test at 2000m) were measured before and after two months of exercise (twice a week for 60 min) with a survey. Questionnaires were used to determine whether patients' well-being improved after two months of exercise.

RESULTS

After two months of Nordic walking, they observed no improvement in body parameters but improvement in aerobic capacity and general well-being.

285

KEYWORDS

Nordic Walking; Slovenia; mental health; well-being; study

EVIDENCE/ RESOURCES

<https://www.fsp.uni-lj.si/COBISS/Diplome/Diploma22063510HozjanAlenka.pdf>



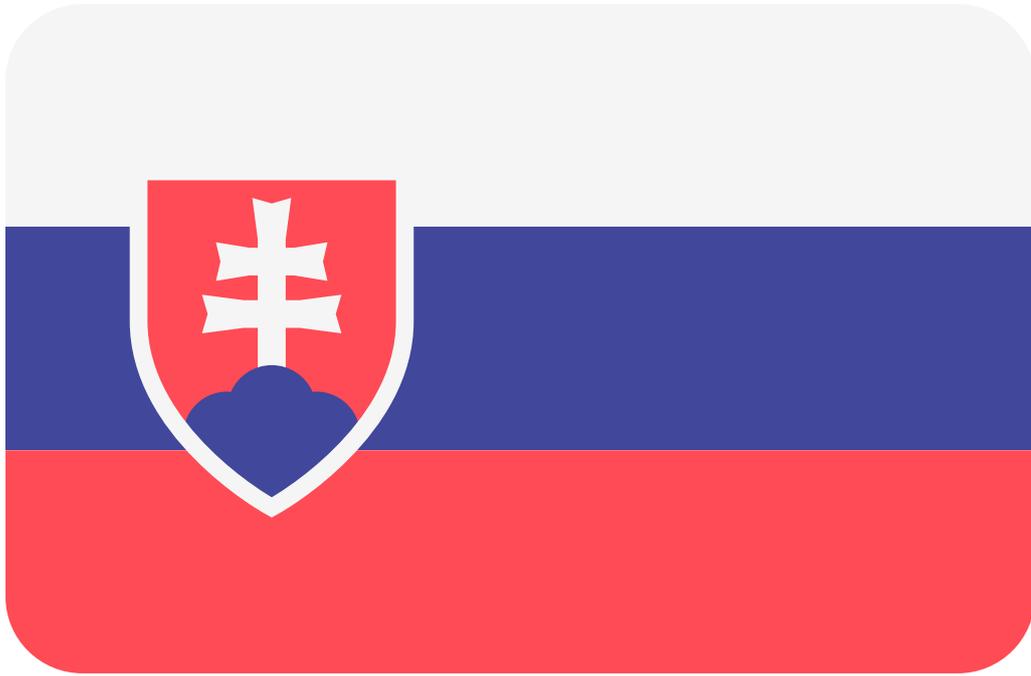
PRACTICES FROM HUNGARY



PRACTICES FROM LITHUANIA



PRACTICES FROM ESTONIA



PRACTICES FROM SLOVAKIA

INFORMATION

There is not much official evidence regarding physical activities, sport and mental health. Despite there is a few online articles describing positive connection between physical activities, sport and mental health.

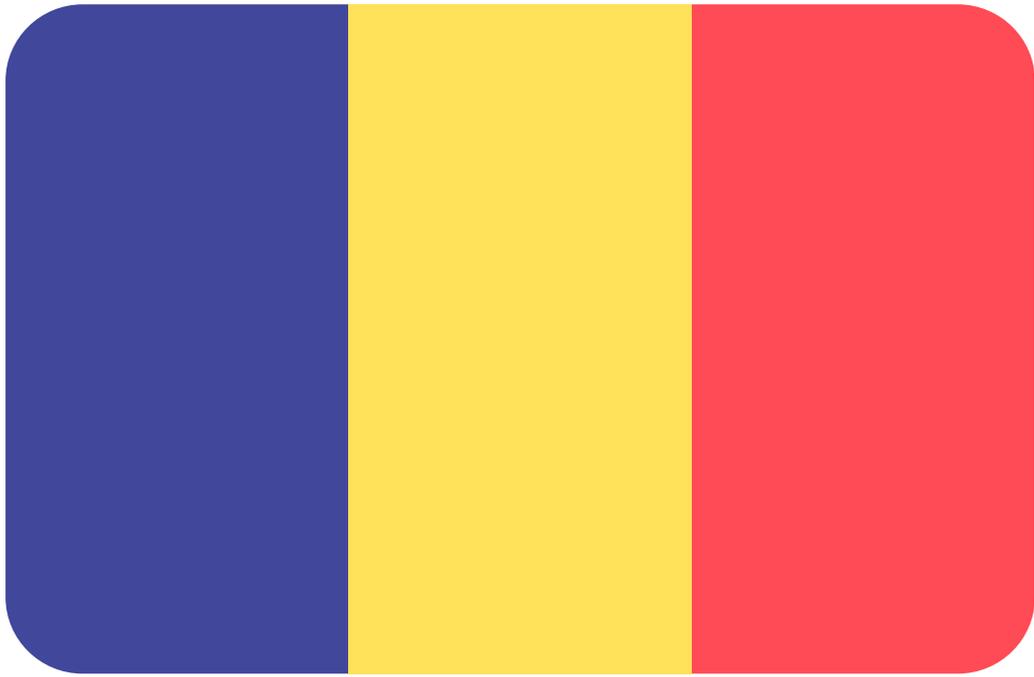
For example: Mental health hygiene, Physical activity caresses your soul, Regular exercise has positive impact on mental health.

We have found the evidence describing the general condition of mental health care in Slovakia. Brazinova et al. (2019) estimate treatment gap in Slovakia for persons aged 15–64 years in year 2015 affected by depressive, anxiety, substance use and schizophrenic disorders, two-thirds of people with depressive disorders and over 80% of those with anxiety disorders and alcohol dependence were not receiving treatment, there was no treatment gap for persons with schizophrenia. Stefan Lissan cited in Steele and Szydlowski (2019) have described three main barriers identified by the State Members themselves that high-light a global struggle for better access to care. These barriers include: insufficient funding; insufficient availability of Mental Health professionals; and as stated before, the stigma that still surrounds Mental Health today.

References

Brazinova, A., Hasto, J., Levav, I. et al. Mental Health Care Gap: The Case of the Slovak Republic. *Adm Policy Ment Health* 46, 753–759 (2019).

Steele, E., and S. Szydlowski. “Improving Mental Health Access in Central and Eastern Europe: A Review of Current Systems.” *Clinical Social Work and Health Intervention*, vol. 10, no. 1, 2019, pp. 44–47.



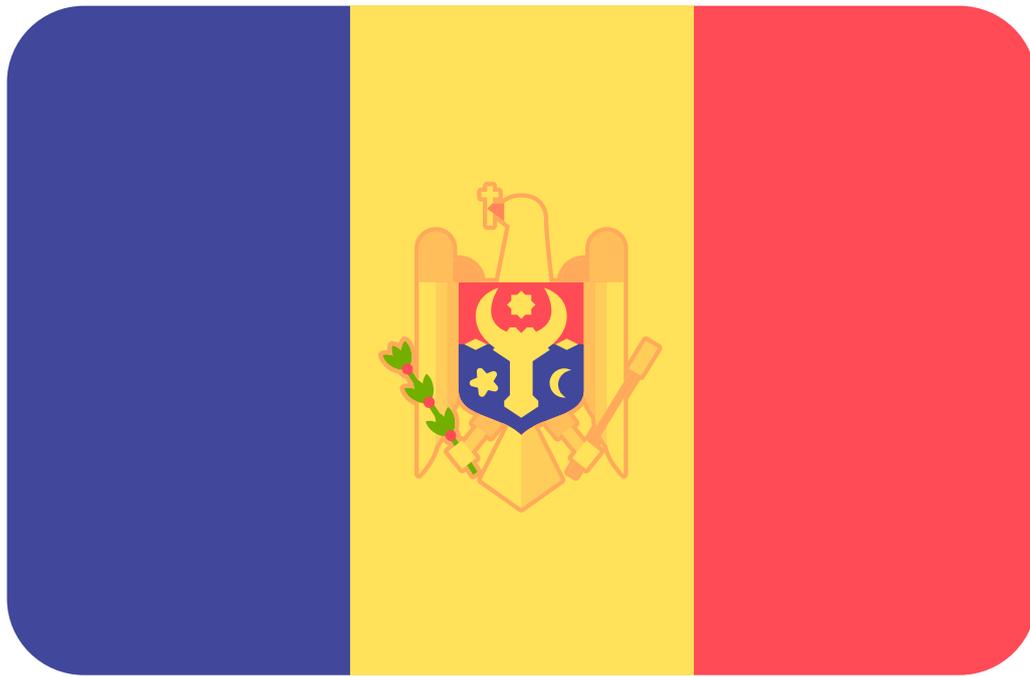
PRACTICES FROM ROMANIA



PRACTICES FROM CROATIA



PRACTICES FROM LATVIA



PRACTICES FROM MOLDOVA

INFORMATION

There is no evidence found regarding sport and physical activities in mental health field in Moldova, not even in website or news articles.

Petrea et al. (2019) stated that in 2014, the Republic of Moldova started a systematic process of reforming its mental health system, implementing priority actions set out in the National Mental Health Programme. In the same study Petrea et al. (2019) pointed out Outcomes of the first 4 years of the reform included: 1) the establishment of a network of mental health services in 4 pilot districts embedding mental health diagnosis, treatment and referral in primary and specialized mental healthcare; 2) creation of an enabling policy environment at the national and district level; and 3) strengthened community support and acceptance of mental health issues.

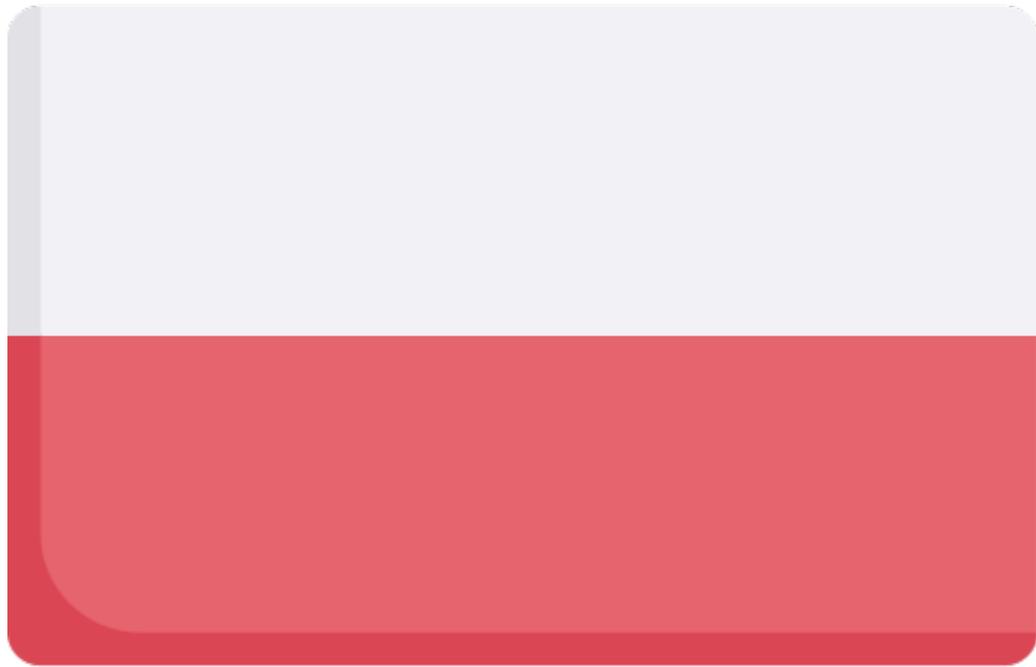
In other study which was focused on patient/ service users needs Frasch et al. (2019) concluded that considering that service users report most problems with respect to their social life, interventions that enable service users to foster social ties are likely to help in this regard and can be provided by specialized care teams based in the community, which are now available in Moldova as a result of the ongoing mental health reform.

References

- Petrea, I., Shields-Zeeman, L., Keet, R., Nica, R., Kraan, K., Chihai, J., . . . Curocichin, G. (2020). Mental health system reform in Moldova: Description of the programme and reflections on its implementation between 2014 and 2019. *Health Policy*, 124(1), 83-88.
- Frasch, J. J., Petrea, I., Chihai, J., Smit, F., Oud, M., & Shields-Zeeman, L. (2019). Taking steps towards deinstitutionalizing mental health care within a low and middle-income country: A cross-sectional study of service user needs in the Republic of Moldova. *International Journal of Social Psychiatry*, 66(1), 49-57. doi:10.1177/0020764019879951



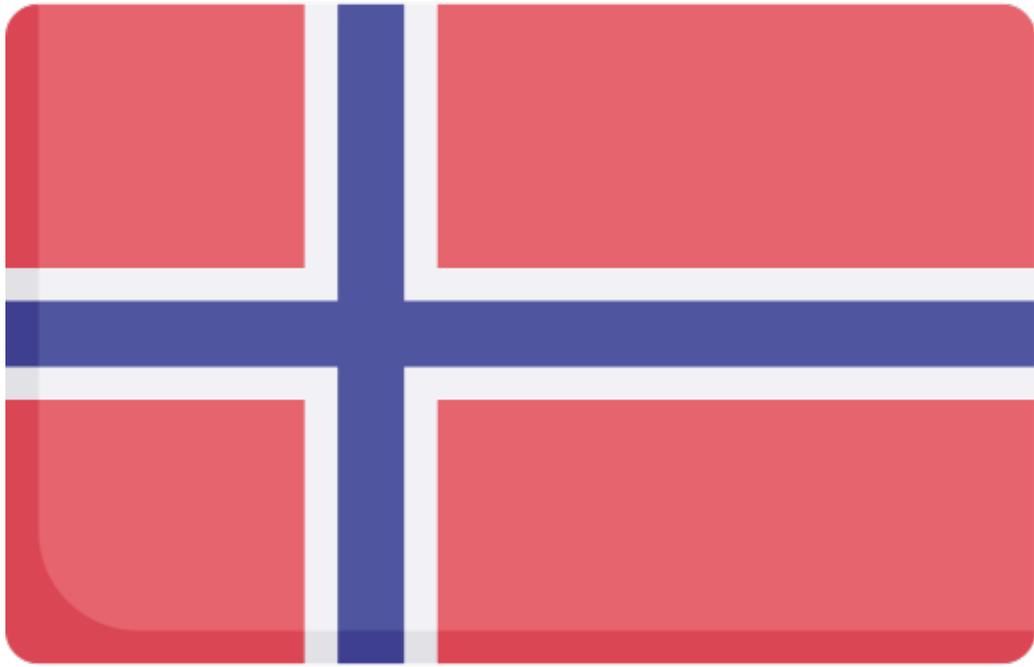
PRACTICES FROM BULGARIA



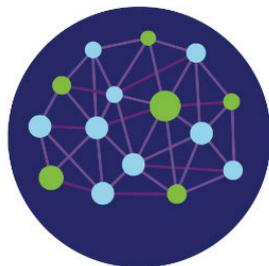
PRACTICES FROM POLAND



PRACTICES FROM SWITZERLAND



PRACTICES FROM NORWAY



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