

Let's get moving – Sport and Exercise Therapy in the Treatment of Mental Illness



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Introduction & Objectives

As a complementary or stand-alone treatment, sport and exercise therapy (SET) can have a therapeutic effect on the symptoms of mental illness as well as having a therapeutic or preventive effect on physical comorbidities [1]. Therefore, treatment guidelines recommend the integration of exercise therapy as a complementary approach in a multimodal treatment [2].

The purpose of the study is to investigate the extent to which SET can increase patients' levels of physical activity during inpatient treatment and, in particular, promote a physically active lifestyle after inpatient treatment, thereby supporting long-term stabilisation.

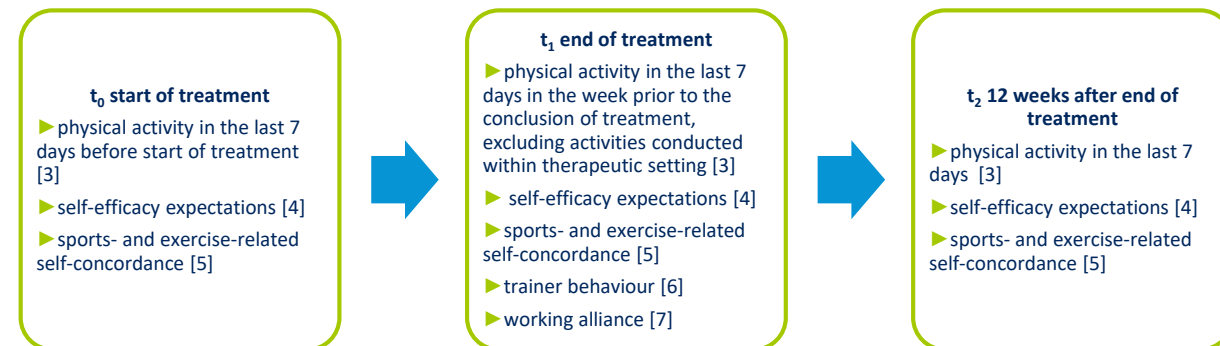
Methods

Patients (age ≥ 18 years, all genders) in partial- or full-time inpatient treatment at a psychotherapeutic and psychosomatic specialist clinic in Lower Saxony, Germany are examined by online self-report questionnaire. It's a non-controlled, longitudinal study design with 3 time points (t_0 start of treatment, t_1 end of treatment, t_2 12 weeks after the end of treatment). The data collection process has been initiated and is scheduled for completion by the end of 2026.

References

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Figure 1: study design



Results & Conclusion

The inferential-static data analysis will be initiated as soon as the relevant data is available.

Based on the results, possible implications for the focus of SET and the role of exercise therapists are discussed. Conclusions based on motivational aspects of maintaining a physically active lifestyle after the end of treatment are considered.

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