

## Physical Activity

### Articles

[Physical Activity, Anxiety, Depression, and Body Image in Trans Individuals: An Exploratory Study](#)

Oliveira, Joana; Monteiro, Diogo; Jacinto, Miguel; Matos, Rui; Amaro, Nuno; Rodrigues, Filipe; Antunes, Raúl, Healthcare , May 2024; 12(10): 1008. (14p)

[Healthcare Practitioners' Perceptions of the Barriers to Prescribing or Promoting Exercise in the Treatment of People with Mental Illness: A Scoping Review](#)

Kelly, Kate, Moloney, Andrew, de Jong, Gideon, Lakeman, Richard, Health & Social Care in the Community, 2024, 8894586, 20 pages, 2024.

<https://doi.org/10.1155/2024/8894586>

[The effect of physical activity on anxiety symptoms among children and adolescents with mental health disorders: a research brief.](#)

Anker EA, Bøe Sture SE, Hystad SW, Kodal A. Front Psychiatry. 2024 May 13;15:1254050. doi: 10.3389/fpsyt.2024.1254050

[Physical Activity and Mental Health in Children and Youth: Clinician Perspectives and Practices'](#)

Crichton, M., Bigelow, H. and Fenesi, B. (2024) Child & Youth Care Forum, 53(4), pp. 981–1001. doi:10.1007/s10566-023-09782-5.

[Physical Activity Participation among Children and Youth with Mental Health Symptoms: Clinician Perspectives'](#)

Crichton, M., Vu, J. and Fenesi, B. (2024) Children, 11(7), p. 880. doi:10.3390/children11070880.

[The Impact of the COVID-19 Pandemic on the Relationship Between Physical Activity Levels and Mental Health in UK University Students'](#)

Alfie G. Price et al. (2024) Physical Activity and Health, 8(1). doi:10.5334/paah.355.

[Correlation between Participation in Physical Activity and Psychological Well-being among Elderly Women: The Mediating Role of Resilience'](#)

Farrokhlegheh Najafzadeh et al. (2024) Women's Health Bulletin, 11(3), pp. 188–194. doi:10.30476/whb.2024.102534.1291.

[Associations of physical activity and sedentary time with craving and mental health in individuals with alcohol use disorder'](#)

Kelly, S.J.E. et al. (2024) Mental Health & Physical Activity, 26, p. N.PAG. doi:10.1016/j.mhpa.2024.100589.



[Implementation and Impact of Health Care Gardens: A Systematic Scoping Review](#),  
Carroll, C. et al. (2024) Journal of Integrative & Complementary Medicine, 30(5), pp. 431–449. doi:10.1089/jicm.2023.0212.

[The impact of sensory modulation in acute mental health units: an organisational case study analysis](#),  
Azuela, G., Sutton, D. and Van Kessel, K. (2024) The Journal of Mental Health Training, Education and Practice, 19(3), pp. 184–197. doi:10.1108/JMHTEP-02-2024-0012.

[The Impact of Physical Activity on Depression Treatment: A Literature Review](#).  
Sieniawska, D., Sieniawska, J. and Proszowska, P., 2024. Quality in Sport, 16, pp.52858-52858.

[Adolescent mental health interventions: a narrative review of the positive effects of physical activity and implementation strategies](#).  
Li Z, Li J, Kong J, Li Z, Wang R, Jiang F. Front Psychol. 2024 Jun 27;15:1433698. doi: 10.3389/fpsyg.2024.1433698.

[Stumbling Block in Providing Physical Activity Support Among Parents of Children with Autism Spectrum Disorder: A Moderated Mediation Analysis](#),  
Lu, M. et al. (2024) Journal of Autism & Developmental Disorders, 54(7), pp. 2502–2512. doi:10.1007/s10803-023-05957-0.

[The influence of physical activity, adherence to Mediterranean diet, and weight status on the psychological well-being of adolescents](#),  
Mateo-Orcajada, A. et al. (2024) BMC Psychology, 12(1), pp. 1–12. doi:10.1186/s40359-024-01906-3.

[Quantifying physical activity, physical education and active travel in children and adolescents with visual Impairments](#),  
Lisa Flynn et al. (2024) Heliyon, 10(15). doi:10.1016/j.heliyon.2024.e34856.

[Mental Health, Declining Physical Activity and Social Connection during Transitions into Fatherhood in the UK](#),  
Lovett, E. and Smith, A. (2024) International Journal of Environmental Research & Public Health, 21(7), p. 890. doi:10.3390/ijerph21070890.

[Benefits Perceived by Caregivers of Patients with Alzheimer’s Disease on Physical and Emotional Health in an Interdisciplinary Program: A Qualitative Study](#),  
Urbano-Mairena, J. et al. (2024) Healthcare (2227-9032), 12(14), p. 1414. doi:10.3390/healthcare12141414.

[The effects of physical activity on adolescents’ depression: evidence from China](#),  
Hongmei Chen et al. (2024) Frontiers in Psychology, 15. doi:10.3389/fpsyg.2024.1430145.

Sep 2024

Library &  
Information  
Service



[Home-Based Indoor Physical Activity Programs for Community-Dwelling Older Adults: A Systematic Review](#),

Santos, I.K. dos et al. (2024) Sports Health: A Multidisciplinary Approach, 16(3), pp. 377–382. doi:10.1177/19417381231175665.

[Effects of Adapted Physical Activity on White Matter Integrity in Patients with Schizophrenia.](#)

Leroux E, Masson L, Tréhout M, Dollfus S. (2024) Brain Sci. Jul 15;14(7):710. doi: 10.3390/brainsci14070710. PMID: 39061450; PMCID: PMC11274719.

[Perceived Barriers and Facilitators to Physical Activity Among Individuals with Disabilities: A Qualitative Study](#),

Wilson, A. et al. (2024) International Journal of Sport Studies for Health, 7(3), pp. 10–17. doi:10.61838/kman.intjssh.7.3.2.

[Self-determined motivational health coaching \('SAMI'\) during outpatient treatment to promote physical activity of people with serious mental illness: a pilot controlled trial](#),

Ruf, W. et al. (2024) Journal of Mental Health, 33(3), pp. 376–385. doi:10.1080/09638237.2024.2361230.

[Physical activity, sports participation and school exclusion: An analysis of the millennium cohort study](#),

Brinkley, A.J. (2024) British Journal of Educational Psychology, 94(2), pp. 571–585. doi:10.1111/bjep.12664.

[Leisure-time physical activity as a key protective factor against cognitive decline in older adults: an isotemporal substitution analysis](#),

Flávio Rodrigues Duarte et al. (2024) Cadernos de Saúde Pública, 40(6). doi:10.1590/0102-311xen046523.

[“Well-Track”: Fitbit Based Sleep and Physical Activity Intervention for Severe Mental Illness \(SMI\) Patients](#),

Chris Griffiths et al. (2024) BJPsych Open, 10, pp. S39–S40. doi:10.1192/bjo.2024.155.

[Stumbling Block in Providing Physical Activity Support Among Parents of Children with Autism Spectrum Disorder: A Moderated Mediation Analysis](#),

Lu, M. et al. (2024) Journal of Autism & Developmental Disorders, 54(7), pp. 2502–2512. doi:10.1007/s10803-023-05957-0.

[Feasibility and effectiveness of a 24-weeks outdoor exercise program on the physical and mental health of persons with schizophrenia](#),

Lourenço, P.J. dos S. et al. (2024) Psychiatry Research, 339. doi:10.1016/j.psychres.2024.116093.

Sep 2024

Library &  
Information  
Service



[Effect of different physical activity interventions on perinatal depression: a systematic review and network meta-analysis'](#),

Shuai, Y. et al. (2024) BMC Public Health, 24(1). doi:10.1186/s12889-024-19564-w.

[The Effect of Exercise Health Belief and Mental Well-Being Level on Physical Activity Level: Cross-Sectional Study'](#),

Şahan, N. (2024) Turkiye Klinikleri Journal of Sports Sciences, 16(2), pp. 228–236. doi:10.5336/sportsci.2024-102375.

[The impact of physical activity and exercise interventions on symptoms for women experiencing menopause: overview of reviews'](#),

Money, A. et al. (2024) BMC Women's Health, 24(1), pp. 1–14. doi:10.1186/s12905-024-03243-4.

### Systematic Review / Meta-Analysis

[Healthcare Practitioners' Perceptions of the Barriers to Prescribing or Promoting Exercise in the Treatment of People with Mental Illness: A Scoping Review.](#)

Kelly K. *Health and Social Care in the Community* 2024;:8894586

[Multimodal exercise programs may improve posttraumatic stress disorders symptoms and quality of life in adults with PTSD: An overview of systematic reviews with meta-analysis.](#)

Martinez-Calderon J, Villar-Alises O, García-Muñoz C, Pineda-Escobar S, Matias-Soto J. *Clin Rehabil.* 2024 May;38(5):573-588. doi: 10.1177/02692155231225466. Epub 2024 Jan 23. PMID: 38258461.

[The Effectiveness of Dance Interventions on Psychological and Cognitive Health Outcomes Compared with Other Forms of Physical Activity: A Systematic Review with Meta-analysis'](#),

Fong Yan, A. et al. (2024) *Sports Medicine*, 54(5), pp. 1179–1205. doi:10.1007/s40279-023-01990-2.

### News

European Union News (2024) 'Lord Moynihan ask His Majesty's Government what national initiatives have been introduced to improve the health of the nation by tackling obesity, improving mental health and promoting physical activity, since the establishment of the Office of Health Promotion', 1 August. Available at:

<https://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=edsgih&AN=edsgcl.803525396&site=eds-live> (Accessed: 13 August 2024).



***Access to articles***

You may need to login with your [OpenAthens](#) account to view some of the full text links in this bulletin.

LibKey Nomad browser extension gives you fast, one-click access to scholarly articles. Download [Libkey Nomad](#) to your browser to see if these articles are available

If you would like to read any of the articles in this bulletin which do not have links to the full text please request them from the library: [academic.library@lscft.nhs.uk](mailto:academic.library@lscft.nhs.uk)

The Gosall Library | Lantern Centre | Vicarage Lane | Preston | PR2 8DW

Sep 2024

Library &  
Information  
Service



We are  
LSCft