


## Tables (1)

 Table 1

# Exercise self-efficacy correlates in people with psychosis

Davy Vancampfort <sup>a, b, c, d, e</sup>, Paul Górczynski <sup>c</sup>, Marc De Hert <sup>b</sup>, Michel Probst <sup>a</sup>, Annetie Naisiga <sup>d</sup>, David Basangwa <sup>d</sup>, James Mugisha <sup>d, e</sup><sup>a</sup> KU Leuven Department of Rehabilitation Sciences, Leuven, Belgium<sup>b</sup> University Psychiatric Centre KU Leuven, Kortenberg, Belgium<sup>c</sup> University of Portsmouth, Department of Sport and Exercise Science, Portsmouth, UK<sup>d</sup> Butabika National Referral and Mental Health Hospital, Kampala, Uganda<sup>e</sup> Kyambogo University, Kampala, Uganda

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## Highlights

- Male patients with psychosis have higher exercise self-efficacy levels than female patients.
- Somatization is associated with lower levels of exercise self-efficacy in people with psychosis.
- Intrinsic motivation for exercise is associated with higher levels of exercise self-efficacy in people with psychosis.

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## Abstract

Despite the recognition of the importance of exercise self-efficacy in exercise adoption and maintenance, previous investigations on exercise self-efficacy in people with psychosis is scarce. The present study aimed to (1) explore if exercise self-efficacy differed between stages of behavior change in Ugandan outpatients with psychosis, and (2) assess sociodemographic, clinical and motivational correlates of exercise self-efficacy. In total, 48 patients (24 women) completed the Exercise Self-Efficacy Scale (ESES), the Patient-centered Assessment and Counseling for Exercise questionnaire, the Brief Symptoms Inventory-18 (BSI-18), and questions pertaining to intrinsic motivation in the Behavioral Regulation in Exercise Questionnaire-2. Additionally, participants were asked about their exercise behavior in the past 7 days and screened for cardio-metabolic risk factors. Higher ESES-scores were observed in those in the maintenance ( $n = 17$ ) versus those in the pre-action stage ( $n = 17$ ) of behavior change. Higher ESES-scores were also significantly associated with lower BSI-18 somatization and higher intrinsic motivation scores. Our data indicated that health care professionals should assist patients with psychosis in interpreting physiological states during exercise. Future research should explore whether bolstering such sources of information might directly or indirectly effect exercise self-efficacy.

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## Keywords

Exercise; Physical activity; Psychosis; Self-efficacy

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