

Outline

Highlights

Abstract

Keywords

1. Introduction

2. Methods

3. Results

4. Discussion

Authors' contributions

Declaration of conflicting interests

Funding

Acknowledgements

References



Show full outline 



Physical activity is associated with the physical, psychological, social and environmental quality of life in people with mental health problems in a low resource setting

Davy Vancampfort ^{a, b}  , Tine Van Damme ^a, Michel Probst ^a, Joseph Firth ^{c, d}, Brendon Stubbs ^{e, f}, David Basangwa ^g, James Mugisha ^{g, h}

Show more 

 Share  Cite

<https://doi.org/10.1016/j.psychres.2017.08.041>

[Get rights and content](#)

Highlights

- The Physical Activity Vital Sign-method can identify those with a low quality of life.
- The economic impact of the quality of life gains from physical activity need to be explored.

Abstract

There is a growing recognition of the importance of encouraging patients with mental health problems to become more active as an efficacious strategy to reduce the disability-associated burden. The aim of the current study was to investigate if there are differences in quality of life (QoL) outcomes between people with mental health problems that do and do not meet the recommendations of 150 min per week of physical activity. 109 (36♀) Ugandan in- and outpatients (mean age = 34.2 ± 10.2 years) (depression = 7, bipolar disorder = 31, schizophrenia = 21, alcohol use disorder = 50) completed the Physical Activity Vital Sign (PAVS) method and World Health Organization Quality of Life Assessment brief version. Those who did not achieve the minimum physical activity recommendations as assessed by the PAVS (n = 63) had a lower physical, psychological, social and environmental QoL. The current data offer further evidence that the PAVS method might be an important risk identification tool in people with mental health problems. The feasibility and acceptability of the PAVS may help promote the importance of physical activity assessment and prescription as a core part of the treatment of mental health problems in LMICs.

Recommended articles

Authors' reply to Ruan et al.: No pain, no bias?

Psychiatry Research, Volume 258, 2017, pp. 602-603

 Purchase PDF [View details](#) 

Tumoral FOXP3 expression is associated with fa...

Human Pathology, Volume 68, 2017, pp. 112-118

 Purchase PDF [View details](#) 

MicroRNA 183 family profiles in pheochromocy...

Human Pathology, Volume 64, 2017, pp. 91-97

 Purchase PDF [View details](#) 

1 2 Next 

Citing articles (0)

Article Metrics

Citations

Citation Indexes:	17
Policy Citations:	1

 View PDF



Access through your institution

Purchase PDF

Search ScienceDirect



Exports-Saves:	70
Readers:	135

Social Media

Shares, Likes & Comments:	16
Tweets:	8



[View details](#) 