

Outline

Highlights

Abstract

Keywords

1. Introduction

2. Methods

3. Results

4. Discussion

Funding

References

Show full outline

Tables (3)

- Table 1
- Table 2
- Table 3



Mental Health and Physical Activity

Volume 13, October 2017, Pages 94-99



Interest, competence, appearance, fitness and social relatedness as motives for physical activity in Ugandan outpatients with psychosis

Davy Vancampfort ^{a, b, c, d, e}, Marc De Hert ^b, Michel Probst ^a, Joseph Firth ^c, Inez Myin-Germeys ^d, Ruud van Winkel ^{b, d}, Annetie Naisiga ^e, David Basangwa ^e, James Mugisha ^{e, f}

Show more

Share Cite

<https://doi.org/10.1016/j.mhpa.2017.05.001>

Get rights and content

Highlights

- Extrinsic and intrinsic motives are equally important in adopting and maintaining physical activity in psychotic patients.
- Male patients with psychosis were more physically active due to motives related to appearance and interest/enjoyment.
- There are no differences in physical activity motives between those who prefer to exercise alone or in group.
- There are no differences in physical activity motives between those with and without cardio-metabolic risks.

Abstract

Objective

Motivating people with psychosis to meet recommended physical activity levels is a public health priority. It remains unclear whether physical activity motives differ between male and female patients, those with and without cardio-metabolic risks, those who exercise alone versus in group and in aerobic exercise versus resistance training. The aim of this study was to explore differences in PA motives related to several patient characteristics in Ugandan outpatients with psychosis.

Methods

48 patients (24♀; 33.3 ± 9.6 years) completed the Motives for Physical Activity Measure – Revised (MPAM-R), Patient-centred Assessment and Counselling for Exercise questionnaire, the Brief Symptoms Inventory - 18 (BSI -18), were asked for their physical activity participation in the last 7 days and screened for abdominal obesity, overweight, hypertension, smoking, medication use and the presence of chronic conditions.

Results

$\lambda = 0.45$, $F = 3.45$, $P = 0.031$). There were no interaction effects between stage of change and gender (Wilks $\lambda = 0.35$, $F = 1.89$, $P = 0.089$). Men scored higher on appearance ($P = 0.046$) and interest/enjoyment ($P = 0.042$). Higher ($P < 0.05$) MPAM-R were observed in action and maintenance behaviour stages versus pre-action stages but there were no differences between the action and maintenance stage. There were no significant correlates between MPAM-R and BSI-18 scores.

Conclusions

Extrinsic (fitness, appearance, social benefits) and intrinsic (interest, competence) motives are equally important in adopting and maintaining physical activity in people with psychosis. Socio-cultural role patterns should be considered, also in Western settings (e.g., in refugees).

Recommended articles

Acute effects of resistance exercise in a depressive...
Mental Health and Physical Activity, Volume 12, 2017, ...

Purchase PDF View details

Acute effects of exercise on attentional bias in lo...
Mental Health and Physical Activity, Volume 12, 2017, ...

Purchase PDF View details

Acute effects of exercise on affective responses, ...
Mental Health and Physical Activity, Volume 13, 2017, ...

Purchase PDF View details

1 2 Next

Citing articles (0)

Article Metrics

Citations

Citation Indexes: 5

Captures

Exports-Saves: 33

Readers: 62

Social Media

Tweets: 5



View details

View PDF



Access through your institution

Purchase PDF

Search ScienceDirect

