



World Physical Therapy Day 2018

Resources for your campaign

Physical therapy and mental health



Research supporting the role of physical therapy and/or physical activity in mental health

Exercise as a treatment for depression: a meta-analysis adjusting for publication bias

<https://www.ncbi.nlm.nih.gov/pubmed/26978184>

An examination of the anxiolytic effects of exercise for people with anxiety and stress-related disorders: a meta-analysis

<https://www.ncbi.nlm.nih.gov/pubmed/28088704>

Aerobic exercise improves cognitive functioning in people with schizophrenia: a systematic review and meta-analysis

<https://www.ncbi.nlm.nih.gov/pubmed/27521348>

Cardiorespiratory fitness in severe mental illness: a systematic review and meta-analysis

<https://www.ncbi.nlm.nih.gov/pubmed/27299747>

Sedentary behavior and physical activity levels in people with schizophrenia, bipolar disorder and major depressive disorder: a global systematic review and meta-analysis

<https://www.ncbi.nlm.nih.gov/pubmed/28941119>

Physical activity and incident depression: a meta-analysis of prospective cohort studies

<https://www.ncbi.nlm.nih.gov/pubmed/29690792>

Cardiorespiratory fitness in severe mental illness: a systematic review and meta-analysis

<https://www.ncbi.nlm.nih.gov/pubmed/27299747>

Physiotherapy for people with mental health problems in Sub-Saharan African countries: a systematic review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5787323/>

Dropout from exercise randomized controlled trials among people with depression: a meta-analysis and meta regression

<https://www.ncbi.nlm.nih.gov/pubmed/26551405>

Prevalence and predictors of treatment dropout from physical activity interventions in schizophrenia: a meta-analysis

<https://www.ncbi.nlm.nih.gov/pubmed/26719106>

Physiotherapy in mental health and psychiatry: a scientific and clinical based approach

<https://www.elsevierhealth.com.au/physiotherapy-in-mental-health-and-psychiatry-9780702072680.html>

Research around people with high levels of mental health comorbidity relevant to physical therapists

Prevalence of depressive symptoms and anxiety in osteoarthritis: a systematic review and meta-analysis

<https://www.ncbi.nlm.nih.gov/pubmed/26795974>

Prevalence and predictors of post-stroke mood disorders: a meta-analysis and meta-regression of depression, anxiety and adjustment disorder

<https://www.ncbi.nlm.nih.gov/pubmed/28807138>

Relationship between depression and frailty in older adults: a systematic review and meta-analysis

<https://www.ncbi.nlm.nih.gov/pubmed/28366616>

Prevalence of depression in COPD: a systematic review and meta-analysis of controlled studies

<https://www.sciencedirect.com/science/article/pii/S0954611116301305>

Prevalence, incidence and mortality from cardiovascular disease in patients with pooled and specific severe mental illness: A large-scale meta-analysis of 3,211,768 patients and 113,383,368 controls
<https://www.ncbi.nlm.nih.gov/pubmed/28498599>

Physical multimorbidity and psychosis: comprehensive cross sectional analysis including 242,952 people across 48 low- and middle-income countries
<https://www.ncbi.nlm.nih.gov/pubmed/27871281>

Diabetes mellitus in people with schizophrenia, bipolar disorder and major depressive disorder: a systematic review and large-scale meta-analysis
<https://www.ncbi.nlm.nih.gov/pubmed/27265707>

Risk of metabolic syndrome and its components in people with schizophrenia and related psychotic disorders, bipolar disorder and major depressive disorder: a systematic review and meta-analysis
<https://www.ncbi.nlm.nih.gov/pubmed/26407790>

The prevalence and moderators of clinical pain in people with schizophrenia: a systematic review and large-scale meta-analysis
<https://www.ncbi.nlm.nih.gov/pubmed/25458569>

The prevalence of pain in bipolar disorder: a systematic review and large-scale meta-analysis
<https://www.ncbi.nlm.nih.gov/pubmed/25098864>

A meta-analysis of prevalence estimates and moderators of low bone mass in people with schizophrenia
<https://www.ncbi.nlm.nih.gov/pubmed/25041606>

General resources on mental health

WHO Global Health Observatory (GHO) data on mental health
http://www.who.int/gho/mental_health/en/

WHO infographics: health and economic benefits of investment in mental health
http://www.who.int/mental_health/advocacy/WB_event_infographics/en/

WHO Mental Health ATLAS 2017
http://www.who.int/mental_health/en/

Mental Health Foundation
<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

General resources on physical activity

WHO factsheet: Physical activity and adults
http://www.who.int/dietphysicalactivity/factsheet_adults/en/

WHO: Ten facts on physical activity
http://www.who.int/features/factfiles/physical_activity/en/

WHO information sheet: global recommendations on physical activity for health (5-17 years old)
http://www.who.int/dietphysicalactivity/publications/recommendations5_17years/en/

WHO information sheet: global recommendations on physical activity for health (65 years and above)
<http://www.who.int/dietphysicalactivity/publications/recommendations65yearsold/en/>