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Questions?

Physical Activity Promotion in Mental Healthcare

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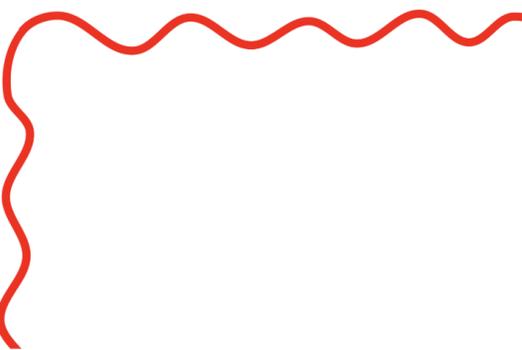
PhD Candidate

Accredited Exercise Physiologist

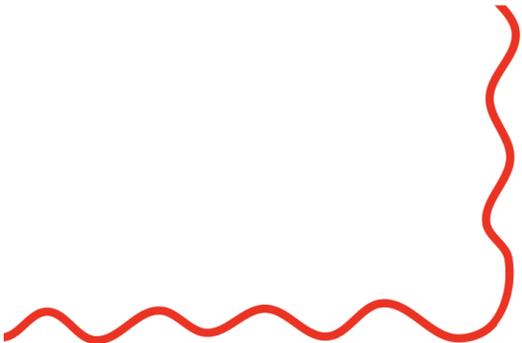
Nutrition, Exercise & Social Equity (NExuS) Research Group

Discipline of Psychiatry & Mental Health, UNSW





Acknowledgement of Country and Lived Experience



ADDI MOVES



mindgardens
Neuroscience Network



UNSW
SYDNEY

A co-designed physical activity service:

What are the priorities for people from refugee backgrounds and service providers?



Service Spotlight: The 'Addi Moves' initiative

The Lancet Psychiatry Commission

Implementing lifestyle interventions in mental health care: third report of the *Lancet Psychiatry* Physical Health Commission

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MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD



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Original article

EPA guidance on physical activity as a treatment for severe mental illness: a meta-review of the evidence and Position Statement from the European Psychiatric Association (EPA), supported by the International Organization of Physical Therapists in Mental Health (IOPTMH)

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Consensus statement - Exercise Physiology

Consensus statement on the role of Accredited Exercise Physiologists within the treatment of mental disorders: a guide for mental health professionals

Oscar Lederman¹, Kristine Grainger², Robert Stanton³, Angela Douglas⁴, Kirrily Gould⁵, Amy Perram⁶, Rishi Baldeo⁷, Theodora Fokas⁸, Fiona Nauman⁹, Amanda Semaan¹⁰, Jude Hewavasam¹¹, Louise Pontin¹², and Simon Rosenbaum¹³

Mental Health Professionals
e.g., psychologists, counsellors



Exercise Professionals
e.g. exercise physiologists



Physical activity promotion in mental healthcare



Factors Influencing Healthcare Professionals' Promotion of Exercise Referral Schemes

BARRIERS

Limited consult duration

Referring to physical activity programs was not always a priority

Lack of knowledge about physical activity programs

FACILITATORS

Personal and patient experience of physical activity participation

Physical activity literacy

Simple referral to free, social group options



MASTROGIOVANNI ET AL., 2025.
JOURNAL OF CLINICAL EXERCISE PHYSIOLOGY

The Physical Activity- Attitudes, Confidence and Knowledge (PACK) Questionnaire

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
My workload prevents me promoting physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People I support are not interested in physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity is not a priority for the people I support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Encouraging physical activity is an important part of my role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident discussing physical activity as part of my role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident promoting physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have good knowledge of the relationship between physical activity and health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have good knowledge of the (WHO) physical activity guidelines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Recruitment for mental health professionals closing next month!





96% positive attitudes to PA promotion



97% understood the relationship between PA and mental health



Statistically significant, moderate positive correlation ($r=0.30$, $p=0.013$) between participants who met PA guidelines and participants who indicated knowledge of guidelines



Half not confident assessing PA (48%) or linking clients with PA support (46%)



57% knew the WHO PA guidelines and only 33% knew of PA support services

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“OUR CEO WAS A BIG CHAMPION”

The role of mental health professionals in physical activity promotion

Chiara Mastrogiovanni, Grace McKeon, and Simon Rosenbaum



“Our CEO was a big champion of the program starting at Addi Road and was really proud of that.” – Participant 7, female

“It was a nice break in the day. We'd get to laugh and chat while doing exercises. And [the exercise physiologist] was just always so patient and understanding, just sometimes debriefing things that happen at work. I think just it's just a nice environment to to be in. I hate going to the gym normally.” – Participant 1, female

*“We feel more confident, we feel good physically, mentally, so **why not spread the word?** Why not let everyone know?” – Participant 3, female*