



# NeuRA

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SCHIZOPHRENIA LIBRARY

## SCHIZOPHRENIA Factsheet

August 2020

### How is physical activity relevant to people with schizophrenia?

Individuals with a serious mental illness are more likely to be sedentary than the general population and are consequently at high risk for chronic medical conditions associated with inactivity. Physical activity has the potential to improve quality of life for people with schizophrenia. Positive psychological effects from physical activity in clinical populations have been reported, including improved quality of life.

### What is the evidence regarding physical activity?

Moderate to high quality evidence suggests people with a psychotic disorder, and those with at-risk mental states, were less active, more sedentary, and had reduced cardiorespiratory fitness than people without a mental illness.

Moderate to low quality evidence finds less physical activity was associated with lower education, lower SES, longer illness duration, more hospitalisations, cardio-metabolic comorbidity, increased antipsychotic side-effects, and negative symptoms.

Increased physical activity was associated with being a non-smoker, healthy eating and drinking habits, better physical fitness, knowledge on cardiovascular disease risk factors, greater belief in the physical activity benefits, intention to engage in physical activity, increased self-efficacy, better physical self-perception, and an improved health-related quality of life.

For more information see the technical table

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [neura.edu.au/donate/schizophrenia](http://neura.edu.au/donate/schizophrenia).



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*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.*