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## POST-TRAUMATIC STRESS DISORDER Factsheet

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### Why is exercise important?

Individuals with serious mental illnesses 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 reduces the risk of these medical conditions, and positive psychological effects have also been reported, including improved quality of life. Exercise also has the potential to alleviate secondary symptoms including depression, low self-esteem and social withdrawal.

### What is the evidence for the effectiveness of exercise for people with PTSD?

Moderate to high quality evidence found a medium-sized effect of improved PTSD symptoms following physical activity.

Moderate quality evidence found a large improvement in PTSD symptoms following physical activity compared to control conditions. The effect at follow-up (>1 month) was medium-sized. The effect was largest in lower quality studies, in military samples, with yoga rather than other exercise conditions, and when compared to passive rather than active control conditions.



*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 PTSD and its treatment with your doctor or other health care provider.*

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](http://neura.edu.au/donate)