

## POST-TRAUMATIC STRESS DISORDER Factsheet

August 2021

### How is physical activity related to PTSD?

Increased physical activity has the potential to improve physical and mental health for people with PTSD. 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. Positive psychological effects from physical activity in clinical populations have been reported, including improved quality of life.

### What is the evidence for physical activity in people with PTSD?

Moderate quality evidence found lower levels of physical activity in people with PTSD compared to people without PTSD. Lower levels of physical activity were associated with more PTSD symptoms, particularly hyperarousal symptoms. There were also more depression symptoms and poorer sleep quality in those with PTSD and low physical activity levels.

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



*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.*