Covid-19, mental health and physical activity

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Dangers of (Covid) induced sedentary time

FIGURE 3. Composite PHQ-9 scores over time for intervention group vs control group. Standard errors are included as the error bars. PHQ-9 = Patient Health Questionnaire-9.

Edwards & Loprenzi 2016
Preventing (Covid-related?) PTSD in health workers


Domain-Specific Physical Activity and Mental Health: A Meta-analysis

- Leisure time & transport: positive association with mental health
- Work-related: positive association with mental ill-health
- Household: no relationship
Do we need physical activity guidelines for mental health: What does the evidence tell us?
Megan Teychenne\textsuperscript{c,}\textsuperscript{d}, Rhiannon L. White\textsuperscript{e}, Justin Richards\textsuperscript{c,}\textsuperscript{d}, Felipe B. Schuch\textsuperscript{b}, Simon Rosenbaum\textsuperscript{d,}\textsuperscript{f}, Jason A. Bennie\textsuperscript{b}

Guidelines should be mental-health informed & consider PA domain


text: Enjoyment of activity critical

Leisure time physical activity is a class privilege

\begin{itemize}
\item Lowest income earners 31–55% less likely to meet leisure time PA recommendations vs. highest income earners
\end{itemize}
Right to health (& exercise!)

Redefining mental healthcare: going multidisciplinary to manage multimorbidity

Simon Rosenbaum, Grace McKeon, Brendan Stubbs, Megan Teychenne, Alexandre Parker, Robert Stanton, Felipe Schuch, Amit Mistry, Zachary Steel, Joseph Firth

BMJ Journals
British Journal of Sports Medicine

The New York Times

Even a 20-Second Exercise ‘Snack’ Can Improve Fitness

As little as 20 seconds of brisk stair climbing, done several times a day, might be enough to increase aerobic fitness.

Yoga may ease symptoms of depression, study says

Jenkins et al 2019; Brinsley et al 2020

Exercise is for everyone! Boys, girls, young, and old.
Everyone in the world can exercise. They just need to find an activity they enjoy.