PERCEIVED BENEFITS, BARRIERS AND CONTRIBUTING FACTORS TO PHYSICAL ACTIVITY ADHERENCE FOR PEOPLE WITH MENTAL ILLNESS

Arno Grueber¹, Jeffrey Gage², Pauline Barnett²

¹Richmond Services

Partners in Health and Wellbeir

He whiringatahi mō te oranga tinana, oranga wairua

²University of Canterbury, School of Health Sciences



lmagine

Experiences?

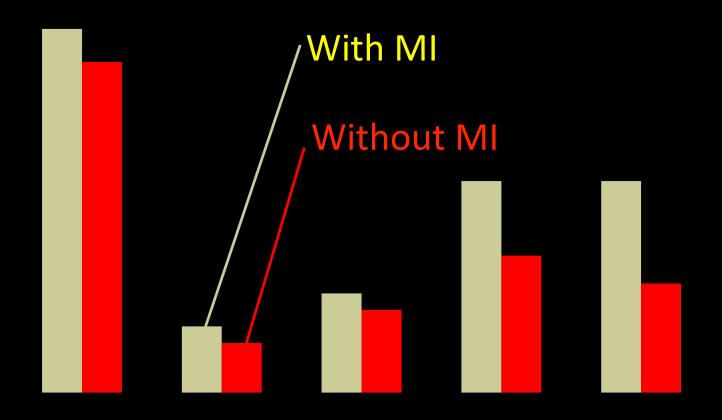


~ 1 in 5 experience mental illness

~ 1 in 2 experience mental illness in one stage in life

~ 1 in 2 is a 'couch potato'

Physical health inequalities



Source: Te Rau Hinengaro: The New Zealand Mental Health Survey (2006)

Physical activity and mental health

Ben, person with a mental illness:

"I always knew that exercise is good for you, but I never realised how important it is for people with mental [ill-] health."

Prof D. Landers, Arizona State University:

"We now have evidence to support the claim that exercise is related to positive mental health as indicated by relief in symptoms of depression and anxiety."

Important Documents

Mental Health Commission (2012):

'Blueprint II. Improving mental health and wellbeing for all New Zealanders'

Ministry of Health (2012):

'Rising to the Challenge: Mental Health and Addiction Service Development Plan 2012-2017'

Te Pou (2014):

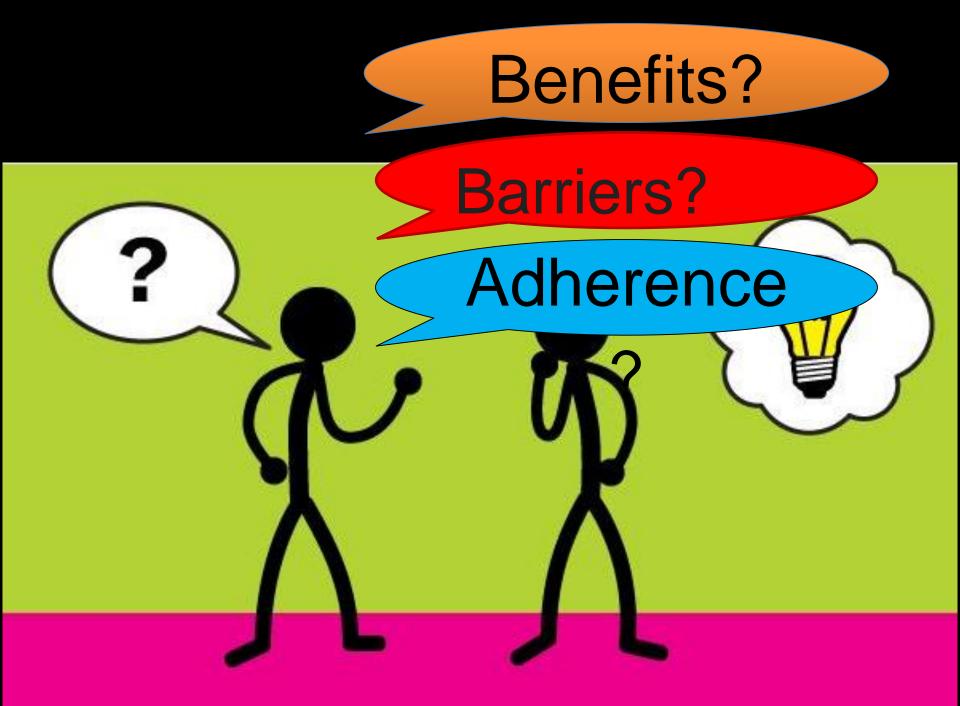
'The physical health of people with serious mental illness and/or addiction: An evidence review'

Activity Based Experience (ABE) Programme

1:1

3 months

Assessments



Characteristic		Amount
Gender	Female	2
	Male	11
Ethnicity	NZ European	11
	Māori	1
	Pacific	1
Age groups	Under 20	3
	31- 40	2
	41 - 50	5
	51 - 60	2
	Above 60	1
Diagnosis	Depression	3
	Bipolar	2
	Psychotic (Schizophrenia)	4
	Anxiety	4

Benefits = Barriers

Physical:

weight, fitness, energy

Psychological:

well-being, confidence, attitude

Social:

Encouragement, learning skills, company

Physical

"It was just hard because I wasn't fit. I was really lazy; movement wasn't really my strong point, so I reckon the main barrier was my weight."

> "My mental health was huge, but when I was starting doing exercise my mental health problems seemed to shrink and then my energy levels grew and my life expended, I started to enjoying life more."

Psychological

"When I hear voices I go really hard at the gym and try to beat them. And it makes me feel stronger towards them like after a workout I feel really good, the voices don't bother me as much."

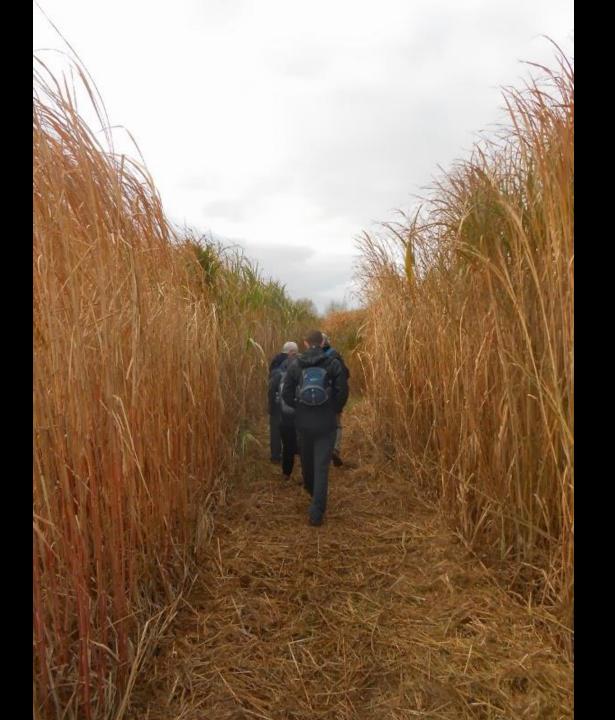
"I didn't think I could do it, not think I was capable.
[...]. Or just total lack of motivation would have been one of my barriers."

Social

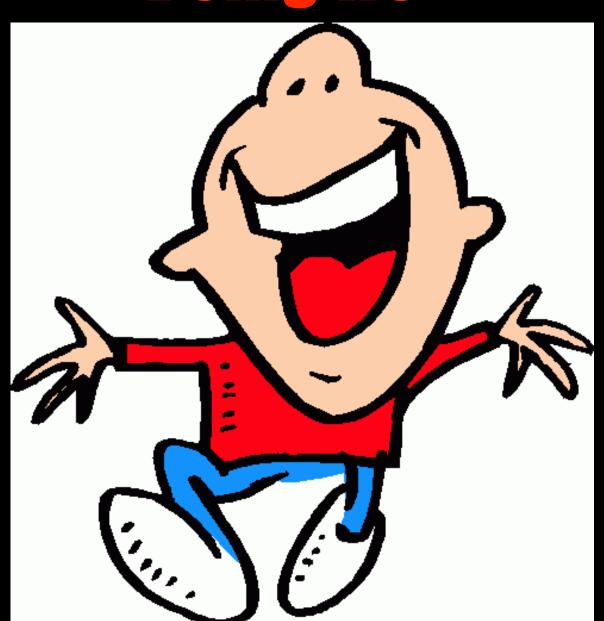
It was learning something new and learning to do it right and practicing, I enjoy that."

"I always find it hard to do stuff on my own, to find the drive, the motivation."

Physical activity adherence



Being well

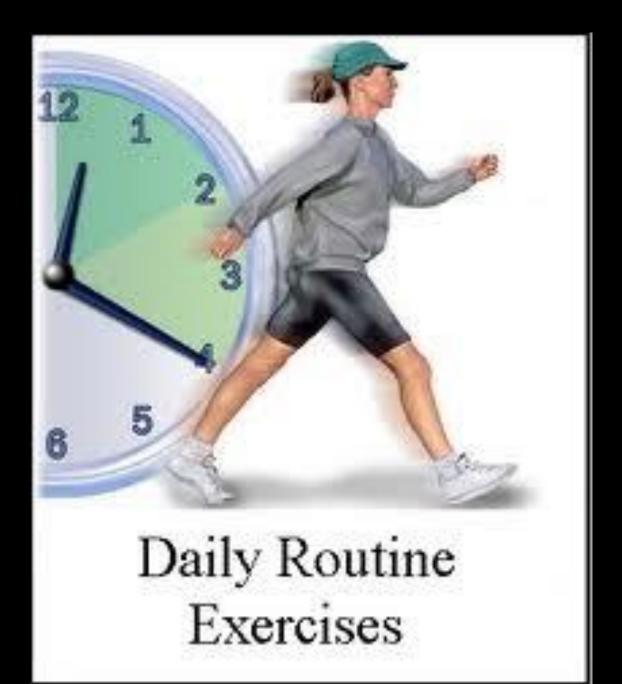


Making progress



Incentives





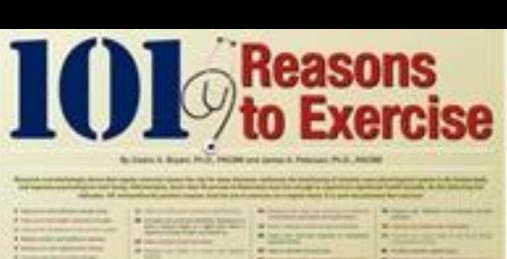


ERCISE

Self-efficacy









A WILL INVESTMENT STRAIGHT





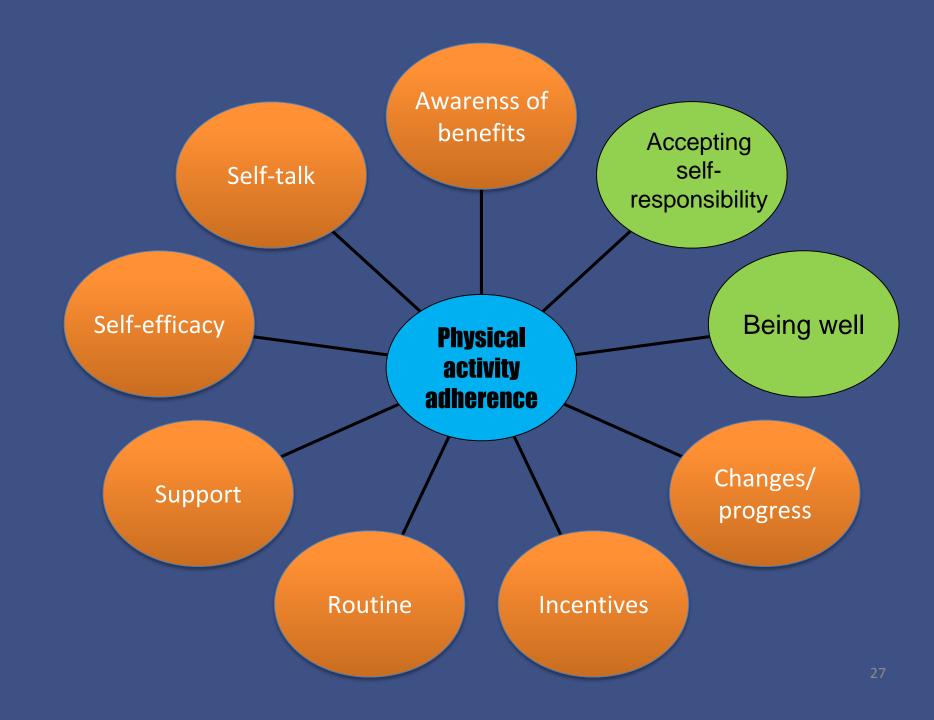
Self Responsibility

Take ownership of your life.



"When I lost around 18 kg that really helped me see the benefits of getting out and exercising."

"[When] I came out of that deep depression, exercise was the first thing [...] and I build it up more [...] and got more confidence and that is really making the difference for me."



PA interventions for people with mental illness are essential!

Remember

Perceived benefits and barriers of PA are physical, psychological and social

Multiple influenceable factors contribute to PA adherence

The end

agrueber@richmond.org.nz



Acknowledgements

Richmond Services Limited
Assoc Prof Dr Pauline Barnett (University of Canterbury)
Dr Jeffrey Gage (University of Canterbury)

