

P-223 - PHYSICAL ACTIVITY IN THE PSYCHIATRIC PATIENT

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Introduction: The psychological benefits of regular physical activity is well known, nevertheless only recently the impact on physical and mental health in patients with severe mental disorders has begun to be analyzed. The low incidence rates of depression and some anxiety disorders in subjects performing physical activity raises the question about the use of exercise in the prevention of some mental disorders.

Objective: Our study aims to assess preferences, degree of physical effort, level of motivation and perceived barriers that prevent the development of more regular physical activity in patients with psychiatric illness.

Methods: We collect data and clinical records of 131 randomized patients. We therefore designed a 15 questions questionnaire associated with a useful section with personal and clinical data of patients.

Results: The 52.7% of the sample (n= 69) has a body mass index above 25, thus confirming the trend of overweight and obesity that are secondary both to psychiatric therapies practiced and to a general lack of physical effort, which is due to poor level of motivation, although most of the patients agree that exercise is crucial for their physical and mental health.

Conclusions: Any psychoeducational interventions aiming to implement healthy lifestyles including physical care activities are therefore appropriate. The very nature of the disorder and treatment practiced explains the main barriers perceived by patients to perform physical activity; thus in the therapeutic area is important to ensure euthymic condition and limit the use of drugs that give fatigue and sedation.