

Children and Young People’s Mental Health and Physical Activity – Edge Hill University Evidence Review



Edge Hill University



SPORT ENGLAND

The review

Edge Hill University undertook an international evidence review on the use of sport and physical activity interventions for children and young people (aged 5–25) with a diagnosed mental health condition, as well as those waiting for, or on a mental health treatment pathway.

A scoping review of 143 studies was conducted, and a modified GRADE (Grading of Recommendations, Assessment, Development, and Evaluations) approach was adopted to assess the quality of the evidence overall.*

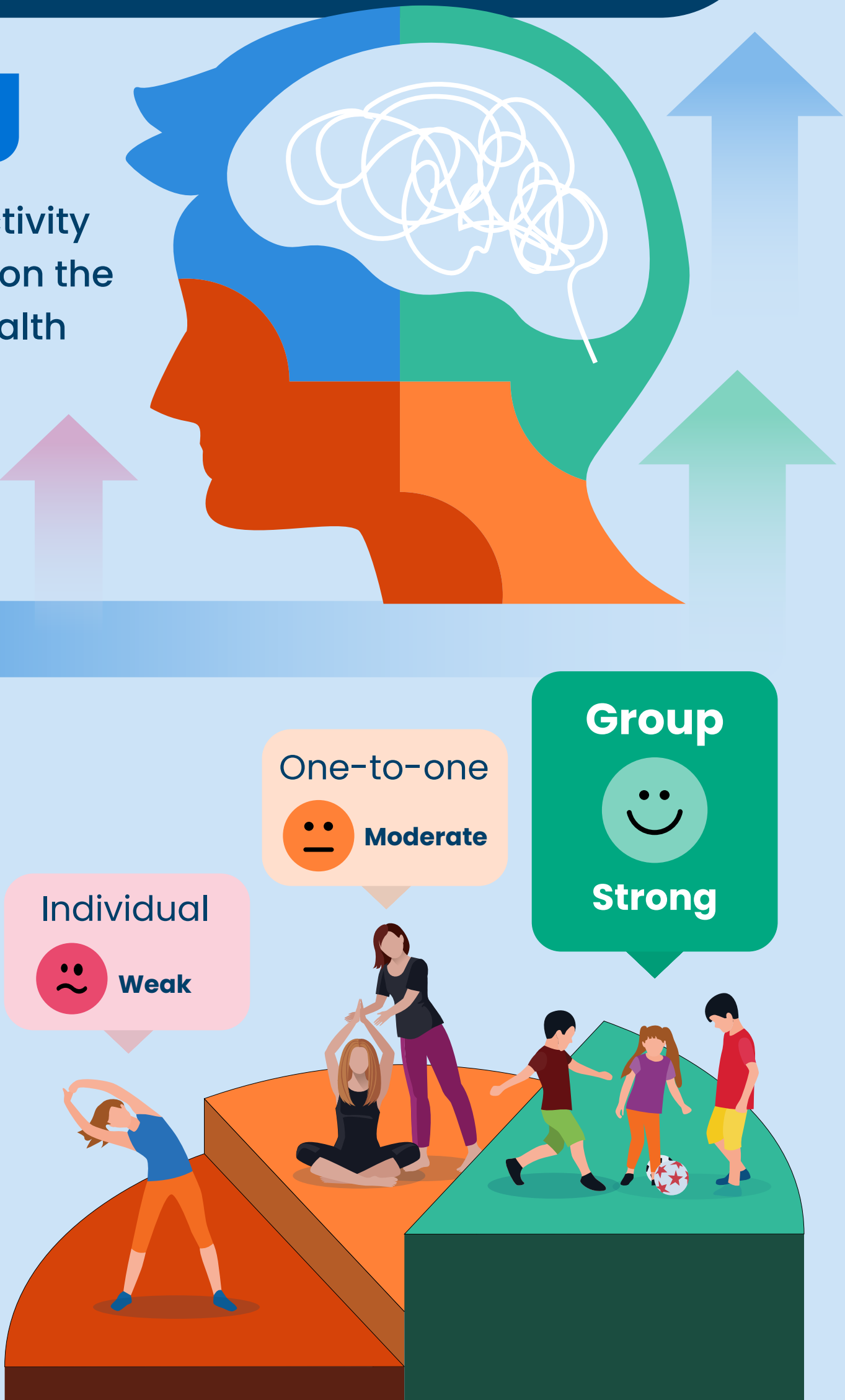
* There were several limitations to the evidence base related to the quality and breadth of studies which warrants some caution when interpreting the conclusions drawn. [Children and Young People’s Mental Health and Physical Activity: An Independent Evidence Review Commissioned by Sport England](#)

The findings

Sport and physical activity have **positive effects** on the diagnosed mental health problems of children and young people.

Type of delivery

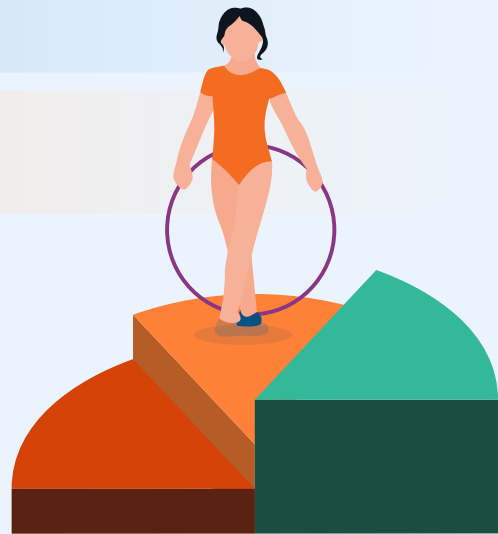
Exercise in **group environments** had a **stronger** effect on mental health when compared to one-to-one or individual exercise.



Type of exercise

Moderate

Aerobic exercise was the most common, and had **moderate** effects on depression.



Strong

Aerobic plus resistance exercise was less common, but had **strong** effects on symptoms of depression.



Strong

Physical activity of moderate-to-high intensity was most effective in treating depression in adolescents.



The optimum intervention dose:

