

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

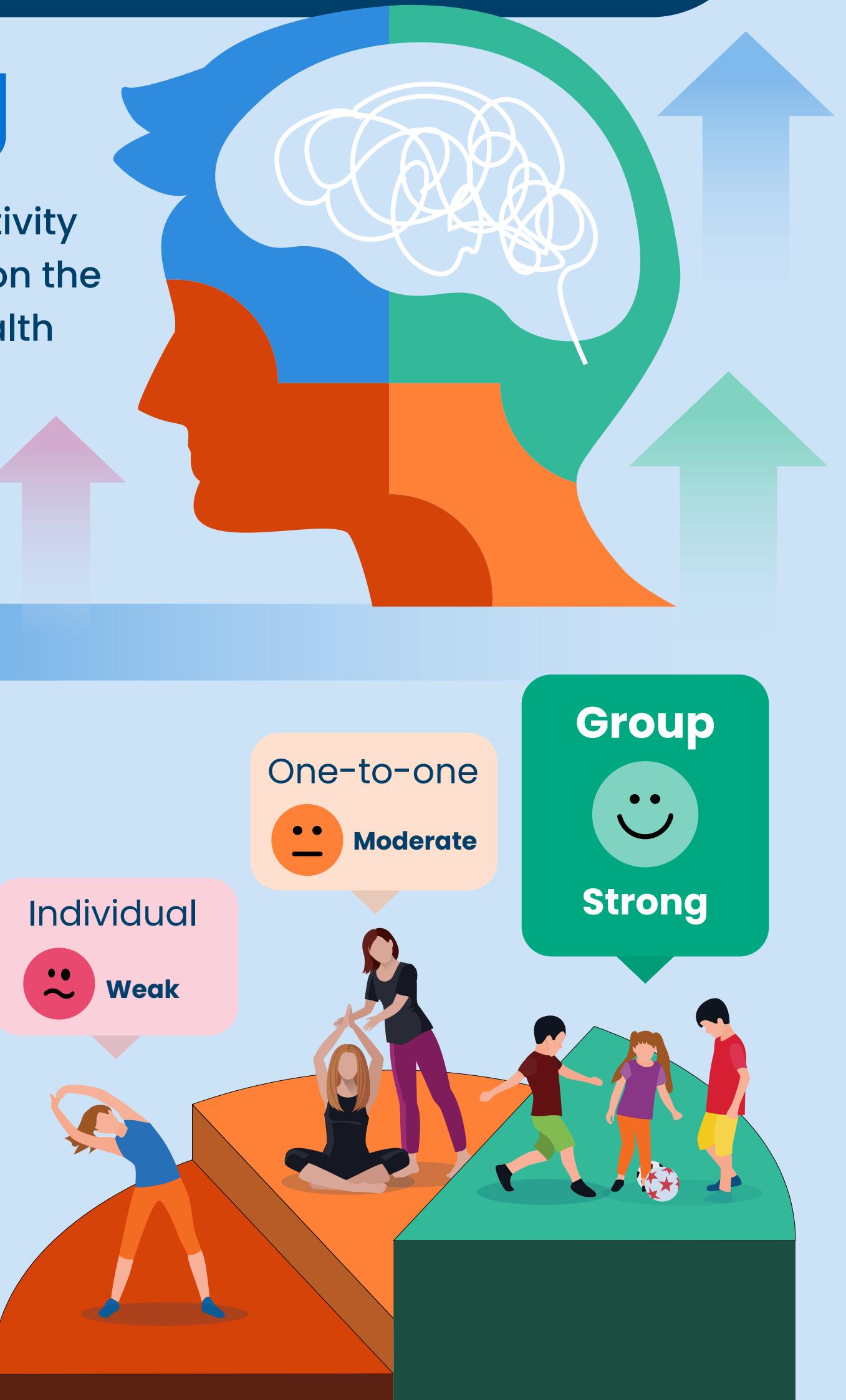
## The review

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.\*

## The findings

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

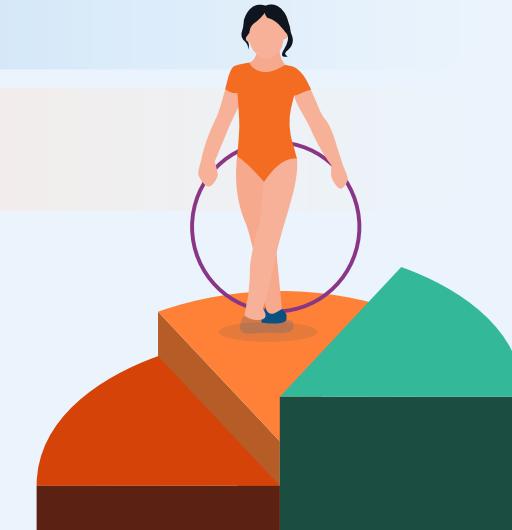


## Type of exercise



**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:



\* 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](#)