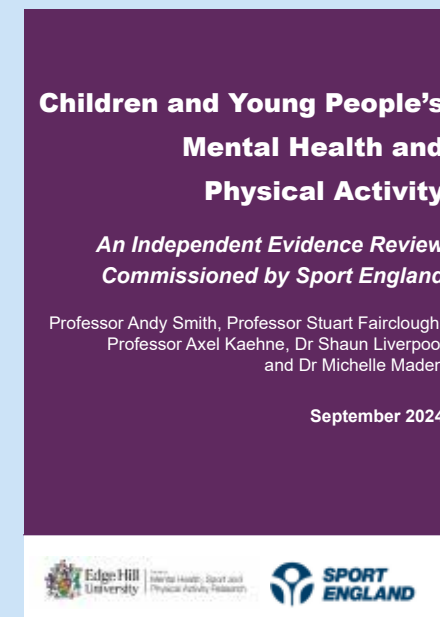


# Children and Young People's Mental Health and Physical Activity – Edge Hill University Evidence Review



Edge Hill University



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, as diagnosed by a GP or mental health specialist.

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The review concluded that there was **strong** and **consistent** evidence that sport and physical activity interventions have **positive effects** on the diagnosed mental health problems of children and young people.

