

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



Edge Hill University



How can physical activity be better used for children and young people's mental health?



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.



Promoting **diverse forms of aerobic and resistance exercise** of at least moderate intensity, particularly in **group settings** led by appropriately qualified staff, is particularly effective for children and young people with a diagnosis or symptoms of depression.



Structured and supervised physical activity should be considered for integration into mental health services of children and young people as part of treatment protocols.

