

Article 1 Overview

This study was performed to research the effect of getting 10,000 steps a day on mental health. Anthropometric measures (height, weight, BMI, etc) were taken on thirty five overweight adults. They were asked to wear a pedometer for 12 weeks to measure their steps. Prior to this intervention, patients completed the Profile of Mood States scale. An analysis was conducted on the effect of daily walking on mental health.

Level II, good quality

Article 1 Results

The regression analysis done showed that accumulating 10,000 steps a day resulted in a significant decrease in negative mood. These results were supported by the measured pedometer steps, as well as the self reported results on the POMS. Specially, the decrease in tension, depression, anger, confusion, and total mood distress.

Cassidy, Natalie, & Abbey

PICO Question

In adult age 20-40, what is the effect of having an active lifestyle compared to a sedentary lifestyle on mental health?

Overview & Importance of Problem

Individuals with mental illness are going in and out of the healthcare system seeking assistance which requires equipped and educated doctors and nurses. Patients rely on nurses to be their caregiver, advocate, educator, and support system.

Implication to Practice

The effects exercise has on mental health will affect the healthcare system. Doctors and nurses will need to educate adults on the positive and negative influences on their life. Nurses will need to be a support system. Education on the safety concerns is also a responsibility of the doctors and nurses.

Recommendation for Practice Changes

More research on the positive effects exercise has on mental health can be done. Time management of exercise needs to be incorporated into adults daily routine.

Article 2 Overview

This article contains a study testing individuals with schizophrenia who participated in a 3-month physical conditioning program. They were asked to take a 10-30 minute brisk walk 3 days a week to keep up with their physical health.

Level III, good quality

Article 2 Results

The study concluded that those suffering from schizophrenia showed improvements in weight gain and loss, increased exercise tolerance, reduced blood pressure, increased energy, and increased body strength. Exercise is very important for individuals with schizophrenia because they are already susceptible to obesity and weight gain due to the antipsychotic often prescribed to them.

