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Association between disability and physical activity levels in individuals with serious mental illness

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Abstract

Background: Every year 970 million people have a mental or substance use disorder globally. Approximately 7.5% i.e. 94 million of Indian population suffers from Serious Mental illness. Serious Mental Illness (SMI) is defined as any mental health condition that severely impairs anywhere from one to many critical life activities. Bipolar disorder and schizophrenia are prominent conditions associated with disability and less physical activity. The current research is intended to understand association between disability and physical activity levels in clinically stable individuals with SMI.

Aim: To study the relation between disability and physical activity levels in individuals with serious mental illness.

Method: This study used a cross-sectional study design. Based on the selection criteria, a total of 55 participants with serious mental illness were recruited. World Health Organization Disability Assessment scale 2.0 (WHO DAS) and Global Physical Activity Questionnaire (GPAQ) was administered on English and Kannada speaking participants in the age group of 25-50 years.

Results: In this study, participants with Schizophrenia had higher impairment scores than those with bipolar mood disorder, as measured by mean WHODAS scores of 1.81 and 1.78, respectively. Level of physical activity was based on GPAQ scores, 46% were in low-moderate physical activity while 56% in the high physical activity level category

Conclusion: We have found no association between disability and levels of physical activity in our study.

Keywords: Disability, psychiatric disability, physical activity, chronic mental illness, psychotic illness, serious mental illness, schizophrenia, bipolar mood disorder