

My name is Zsuzsanna and I'm a PhD student at Lancaster University in division of half a search. And in the next few minutes, I'm going to talk about my.

And in research project, which is yeah.

I'm trying. Is it a little bit closer is it?

Uh, I think it can. You hear me now? OK. Sorry.

So I'm I'm going to talk about the research project which is being impact of physical activity interventions on believed older people cares and non cares in benign and.

The loss of a loved one is one of the biggest challenges in life, and it has a negative impact on mental health, and it is one of the major losses in adulthood. The death of us both can be emotionally overwhelming, and it can cause high stress levels and negative impacts on social relationships and wellbeing.

Management increases the increase of anxiety related and depressive symptoms.

However, not only mental health is affected by it, but also physical health and marital bereavement is a risk factor of full physical health for used resilience, more mortality and impaired immune system.

Therefore, interventions reducing the negative impact of bidding, mental, mental health and physical health are important and can help to prevent, reduce resilience or frailty.

A studies have concluded that there is a positive relationship between physical activity and mental health, and in addition the older population seems to considerably benefit from physical activity and exercise. Only few studies examine the effect of physical activity on the impact of bereavement and the results of the existing research are inconsistent and therefore further research is required on this topic.

The overall aim of the research is to improve the understanding of the relationship between mental health and bereavement and physical activity and to improve the physical activity interventions on bereavement. There are the research consists of three studies. The first one is the literature review and it aims to explore the literature on the positive effect of physical activity on the belief bereavement process and impacts on mental health and well-being through other people's. The second, the first study is to examine the relationship between physical activity. Eating mental mental health, among other people, by using secondary data from the English language to the study of ageing and the second study is to determine to impact aims to determine the impact of physical activity on the mental health of carers and non cares. Age 55 plus who have experience bereavement in the past two 6 to 12 months.

And the final design of the second study is in the preparation and therefore in the next few minutes, I'm going to talk about the first, the literature review and the first study.

And if a systematic literature review examines the impact of physical activity on the effect of periment on mental health and well-being among other people, and the overall aim is to understand the impact of physical activity and physical activity, interventions on depression, anxiety and wellbeing of recently believed there adults the methods.

Uh were used the inclusion and exclusion criteria based on the study types, the design the participants age, type and length of the bereavement types of physical activity and bereavement related mental health issues and the studies were included with participants aged 50 years of older and those studies were included with younger participants where the younger.

The order that the older population was clearly separable in the results.

Umm, not if synthesis was used as the data synthesis strategy.

The searches were run on 6 electronic databases and 1208 articles were identified. 557 duplicates were removed and 32 articles were eligible for full text screening. Finally, only twelve articles were included, 11 quantitative and one mixed methods study.

And studies were coded and the results of the coding process were used to identify most important concepts across the studies. And these concepts are depression, caregiving, life satisfaction, coping strategies and physical activity patterns. And the results are the outcomes of represented on the along these concepts.

The total number of the included participants across the 12 that is studies were 2591 with an age range from 35 to 91 years old and four studies were intervention studies 10 out of 1010 out of 12 articles examined the relationship between depression and physical activity.

Uh, three out of test that is examined caregiving related, spousal bereavement and two articles estas estas. The impact of physical activity and quality of life.

Overall, it was found that uh physical activity interventions significantly decreased the level of depression.

Umm, more active periods were linked to less depressive symptoms.

And leisure participation was associated with fewer depressive symptoms.

Terms of caregiving. It was found that exercising three times per week can help be brief caregivers to reduce their emotional distress. Participating in activities during caregiving helps to maintain mental health and wellbeing.

It was also found that increased the gardening was associated with better life satisfaction and leisure activities. Reducers reported significantly lower levels of life satisfaction.

In terms of coping strategies, he was found that continued or increased involvement in clubs working and sports were associated with finding more meaning in this post death and gardening and exercising roll network associated with coping.

More uh 3433. Three percent of the video participants continued their involvement in sports and exercise. However, the majority of video participants reuse that participation in leisure activities or abandoned physical activity altogether during bereavement.

Conclusion. Positive links were found between physical activity, leisure activities and reduce depressive symptoms, improve life satisfaction and better mental health of caregivers, and four studies reported that we do participants were inactive or reduce their leisure participation during briefing. And one study suggested that leisure activities can be also an attractive coping strategies.

The major take the studies use data from ageing studies and they did not explain the social aspect of physical and leisure activity. You know, in addition, most of the included articles did not examine the relationship between intensity or the duration of physical activities and bereavement related mental health variables.

So now I would like to talk about the first study.

Pretty uh it which uses the data from the English Longitudinal Study of Aging and explores the relationship between physical activity and mental health and Mongolia people.

It assumes that physical activity moderates the impact of greement on mental health outcomes. The English Longitudinal Study of Ageing is a large scale longitudinal panel study and it collects the data from people aged 50 and over and their partners who are living in England. The study began in 2002 and the the sample has been refreshed in nine waves by interviewing the same groups of people every second year.

Uh, the study has four hypothesis. The first hypothesis assumes that there will be a difference in mental health outcomes in older people before and after bereavement. The second hypothesis

assumes that there is a difference in physical activity before and after agreement for hypothesis assumes that level of physical activity will be associated with levels of mental health outcomes of older people, and this might be different for people who are believed and the four five others is assumed that physical activity will moderate. The impact of prevent on depression and life satisfaction.

The design of the studies. Uh longitudinal observational quantitative research.

Type of the effects of physical activity on mental health outcomes were examined by using the related variables, which included mental health related variables such as the Center for Epidemiologic, Epidemiologic studies, depression skill, the control, autonomy, satisfaction and pleasure, scale, and the satisfaction with life scale. Physical activity variables summarize the frequency of the figures moderately and mildly, and atrophic physical activity and the identified cofounders or queries where the age.

And gender of the participants, the staff perceived subjective social status totally income, education level, mobility impairment and psychiatric problems.

Uh, after the first analysis, the mobility impairment and psychiatric problems variables were excluded because only few participant answers these questions.

Helping the appropriate data and to be able to compare the physical activity and mental health related variables in different ways. Participants were identified whose marital status changed.

From married to widowed in a consecutive wave and the groups.

A group of these believed participants were merged with continuously married participants from the same waves based on age and gender.

Settlers arrived, so we'll move straight on to questions. And then then maybe an earlier lunch. So any questions for either Sangeetha or Susanna?