

Western University

Scholarship@Western

Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity

September 2021

Mental health benefits of physical activity in youth with cerebral palsy: A scoping review

Jessica Anna Starowicz
Western University, jstarow@uwo.ca

Follow this and additional works at: <https://ir.lib.uwo.ca/inspiringminds>

Citation of this paper:

Starowicz, Jessica Anna, "Mental health benefits of physical activity in youth with cerebral palsy: A scoping review" (2021). *Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity*. 191.

<https://ir.lib.uwo.ca/inspiringminds/191>

Mental health benefits of physical activity in youth with cerebral palsy: a scoping review.

Youth with cerebral palsy (CP) are at an increased risk for developing mental health problems. Physical activity (PA) may be an effective strategy to promote quality of life (QoL) and reduce mental health symptoms in conjunction with evidence-based therapies. However, limited research exists on which to base recommendations for PA interventions and inform future research. As such, a scoping review was conducted to describe existing studies examining the mental health outcomes (e.g., QoL, well-being, anxiety, and depression) of PA interventions in youth with CP. From the 21 studies included in the review, only one study assessed mental health symptoms of anxiety and depression following a PA intervention. The association between PA and QoL was examined in most studies, with mixed results. Ultimately, more research is needed regarding the benefits of PA on symptoms of mental health conditions, such as anxiety and depression, in youth with CP.