



Exploring the Therapeutic Benefits of Exercise for Older Adults with Psychiatric Conditions

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ABOUT THE STUDY

Exercise has long been recognized as an effective tool for promoting physical and mental well-being in people of all ages. In recent years, researchers have begun to explore the potential benefits of exercise specifically for older adults, and the results of these studies have been encouraging. One area of particular interest has been the use of exercise as a therapeutic intervention for geriatric psychiatry outpatients.

A recent study examined the effects of a structured exercise program on the mental health outcomes of geriatric psychiatry outpatients. The study involved 76 patients, all of whom were over the age of 60 and had been diagnosed with a variety of psychiatric conditions, including depression, anxiety, and bipolar disorder. The participants were randomly assigned to either an exercise intervention group or a control group.

The exercise intervention consisted of twice-weekly, 60-minute sessions of aerobic and resistance exercise for a period of 12 weeks. The sessions were led by trained exercise professionals and were tailored to the specific needs and abilities of each participant. The control group did not receive any exercise intervention but continued with their usual treatment plan.

At the end of the 12-week period, the researchers found that the exercise intervention group had significantly better outcomes than the control group in several areas. Specifically, the exercise group showed improvements in depression symptoms, anxiety symptoms, and overall mental health quality of life. They also had higher levels of physical activity and improved physical function compared to the control group.

They suggest that exercise can be an effective adjunct therapy for geriatric psychiatry outpatients, potentially reducing the need for medication or other forms of treatment. Second, they highlight the importance of addressing physical health alongside mental

health in older adults, as improvements in physical health can lead to improvements in mental health outcomes. Finally, the study provides further evidence for the benefits of regular exercise in promoting overall health and well-being in older adults.

There are several possible mechanisms through which exercise may benefit mental health outcomes in geriatric psychiatry outpatients. One is through the release of endorphins, which are natural chemicals produced by the body during exercise that can have a positive effect on mood. Another is through the social aspect of exercise, which can help reduce feelings of isolation and loneliness that are common in older adults. Additionally, exercise may improve overall physical health, which can in turn improve mental health outcomes by reducing pain and improving mobility.

Despite the promising results of this study, there are some limitations to consider. First, the sample size was relatively small, which may limit the generalizability of the findings. Second, the study only examined the short-term effects of exercise, and it is unclear whether the benefits would persist over a longer period of time. Finally, the study did not examine the effects of exercise on specific psychiatric conditions, so it is unclear whether certain conditions may be more responsive to exercise than others.

Overall, however, the study provides valuable insights into the potential benefits of exercise for geriatric psychiatry outpatients. As the population ages and the prevalence of mental health conditions in older adults continue to rise, it is important to explore non-pharmacological interventions that can improve mental health outcomes and reduce the burden on the healthcare system. Exercise appears to be a promising avenue for further research and implementation in the field of geriatric psychiatry.

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