

PHYSICAL THERAPY AND MENTAL HEALTH



1 in 4

people will experience a **mental health condition** of some sort in their lifetime



It is estimated that

1 in 6

in the past week experienced a **common mental health problem**

Mental health problems are one of the main causes of the overall disease burden worldwide

People with severe mental disorders die on average

10-20 years earlier,

often of **preventable non-communicable diseases** such as heart disease, particularly in low- and middle-income settings



70%

of **premature deaths** in mental health patients are due to poor physical health

Physical therapists work with patients who may have depression alongside long-term health issues



20% of people living with **osteoarthritis** have depression or anxiety



33% of **stroke** patients have depression



38% of people with **frailty** have depression

Exercise is an evidence-based treatment for depression

Benefits

=

offers **protection against** the emergence of **depression**

better outcomes are achieved when exercise is **delivered by a physical therapist**

prevents the development of **mental health issues**

people with depression and schizophrenia are **LESS likely to stop exercising** when supported by a physical therapist

improves the **quality of life** and **self-esteem** of people experiencing mental health issues

has a large and significant **antidepressant effect** in people with depression

Get active. Stay active. Talk to a physical therapist today



Movement for Health

World Physical Therapy Day



World Confederation
for Physical Therapy

www.wcpt.org