

BSc (Hons) Health and Social Care

Module: Introduction to Independent Research Skills (BMHP5019)

Assessment title: The benefits of physical activity for anxiety among adults in the UK.

Student ID: 2425635

Student Name: Jaqueline Marisa Silva marques

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Lecturer's name: Elena Koutsogeorgou

Research Proposal

Topic: The Benefits of Physical Activity for Anxiety Among Adults in the UK

1) Review Question

What are the benefits of physical activity in reducing anxiety among adults in the UK?

2) Objectives:

- ✓ To identify the potential for physical activity to provide mental health benefits to adults with anxiety throughout the UK.
- ✓ To investigate the effect of structured physical activity interventions on anxiety symptoms in adults.
- ✓ To assess the impact of physical activity on supporting and improving practice in the UK Health and Social Care system.

3) Rationale

As per the Office for National Statistics (2023), more than a third of the female population (37%) and more than a quarter of the male population (29%) suffer from high levels of anxiety. 60% of UK adults have anxiety that affects their functioning (Mental Health Foundation, 2023). Pharmacological treatments and psychological therapies are the main

forms of treatment for depression, but 99% of NHS Talking Therapies clinicians acknowledge physical activity is important for mental health outcomes (NHS England, 2022). Evidence showed that moderate to large effects of physical activity interventions compared to standard care on anxiety symptoms, sometimes with superior or complementary effects (Singh et al., 2023). Mind (2019) highlights that there are still structural and psychosocial barriers to physical activity for people with mental health problems. This research will assess the potential of physical activity to reduce anxiety and inform the potential of a holistic care model in health care practice in the UK (Royal College of Psychiatrists, 2022).

4) Methods

The study design will be scoping review, which will use secondary evidence to synthesise data of physical activity and adult anxiety in the UK. Literature searches will conduct via peer-reviewed databases such as PubMed and EBSCOhost. Keywords, such as physical activity, exercise, mental wellbeing, anxiety, stress, depression, psychological wellbeing, sedentary behaviour, adults, and UK, will be used.

Table 1: Inclusion and Exclusion Criteria

Parameters	Inclusion	Exclusion
Publication date	2016 to 2022	Before 2016
Language	English	All other languages
Source Type	Peer-Reviewed articles	All other articles
Location	UK	Other than UK
Others	Adults who are 18+ and in UK	Below 18 and in other areas

5) Ethical Considerations

This project will not involve direct participation in primary human research, collection of tissue samples, or collection of data. Therefore, formal institutional ethics approval will not be needed. However, throughout the work, there will be strict adherence to rigorous secondary research ethics. Plagiarism will never be a problem as full intellectual honesty will be practiced with complete and accurate attribution in the University's Harvard referencing style. The findings will be clearly and objectively reported without selective reporting or manipulation of source data.

References

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<https://www.transformationpartners.nhs.uk/wp-content/uploads/2023/03/How-can-physical-activity-be-better-utilised-within-NHS-Talking-Therapies-services-findings-and-recommendation.pdf>

Office for national statistics (2022) *Ons.gov.uk*. Available at:

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Royal College of Psychiatrists, 2022. *Physical activity, exercise and mental health for young people*. [online] Available at:

<https://www.rcpsych.ac.uk/mental-health/children-and-young-people/physical-activity-exercise-and-mental-health-for-young-people>

Singh, B., Olds, T., Curtis, R., Dumuid, D., Virgara, R., Watson, A., Szeto, K., O'Connor, E., Ferguson, T., Eglitis, E. and Miatke, A., 2023. Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews. *British journal of sports medicine*, 57(18), pp.1203-1209. <https://bjsm.bmj.com/content/57/18/1203>