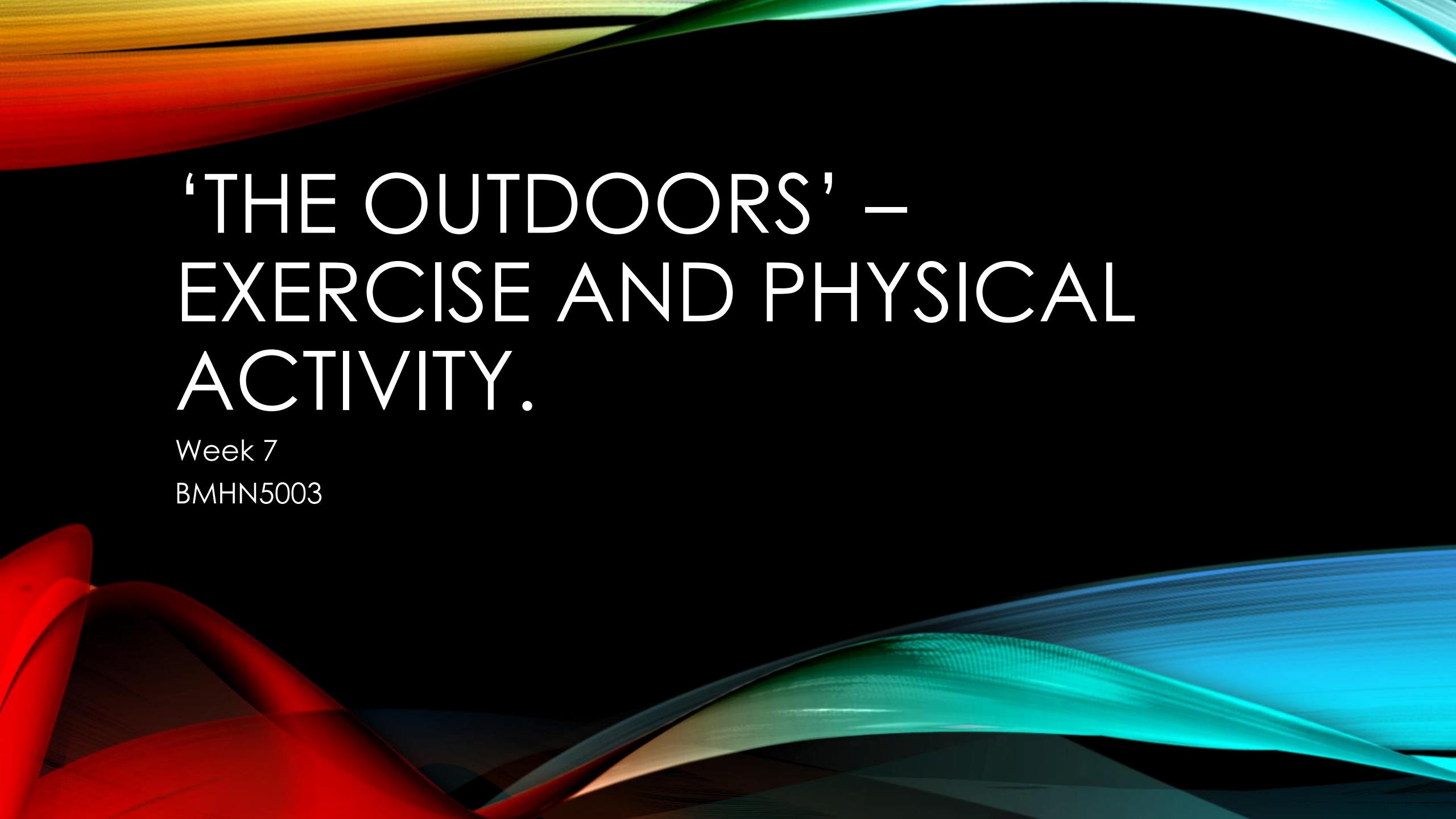




‘THE OUTDOORS’ – EXERCISE AND PHYSICAL ACTIVITY.

Week 7

BMHN5003

MOOD STATE TASK FROM LAST WEEK...

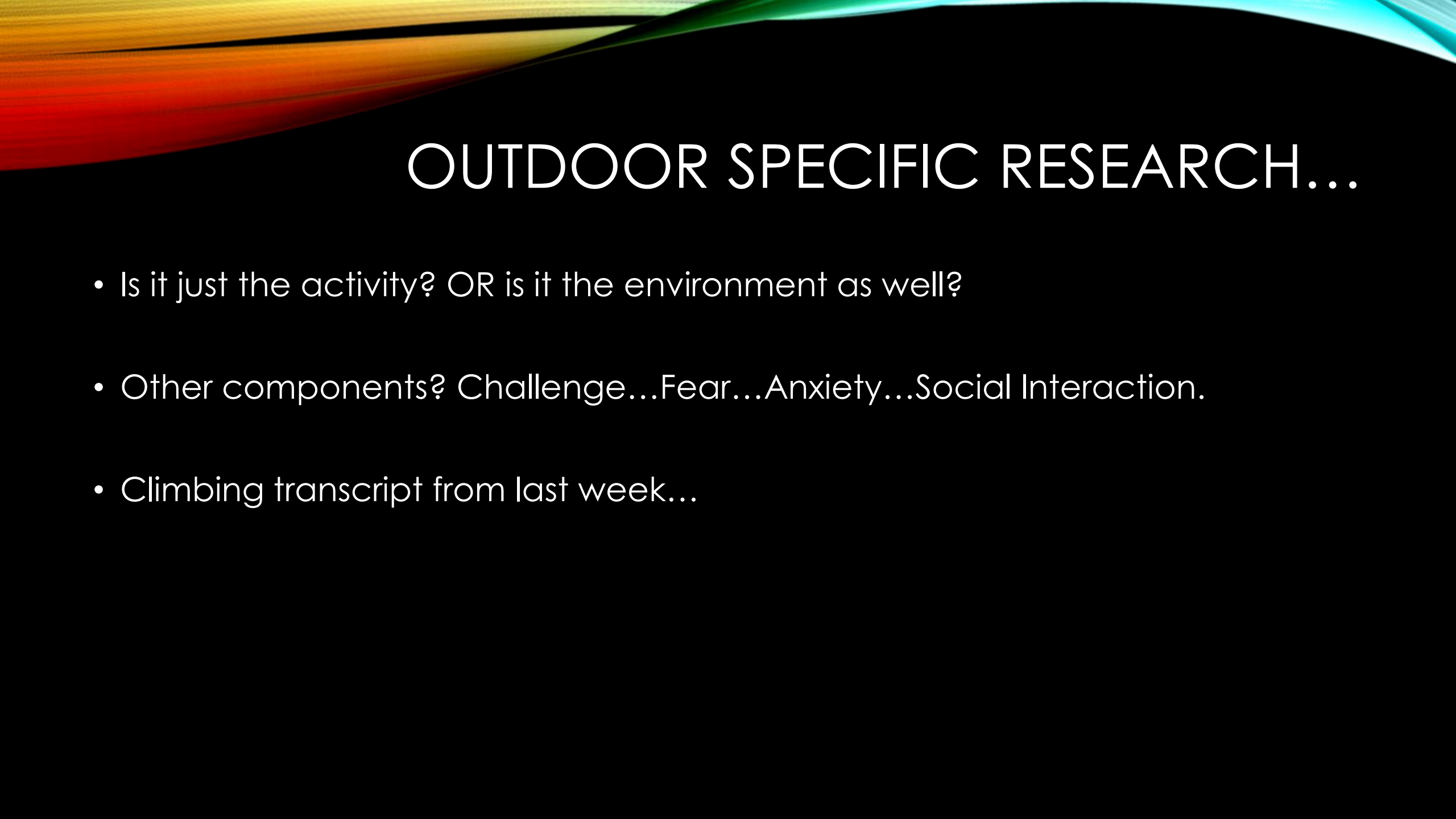
- Before and after exercise – measures BRUMS / PANAS - EFI now added on Moodle
- Critique of measures:

P.142-144

- What measures are available?
- General / exercise specific?
- What do they specifically measure?
- Comparing findings using different measures...

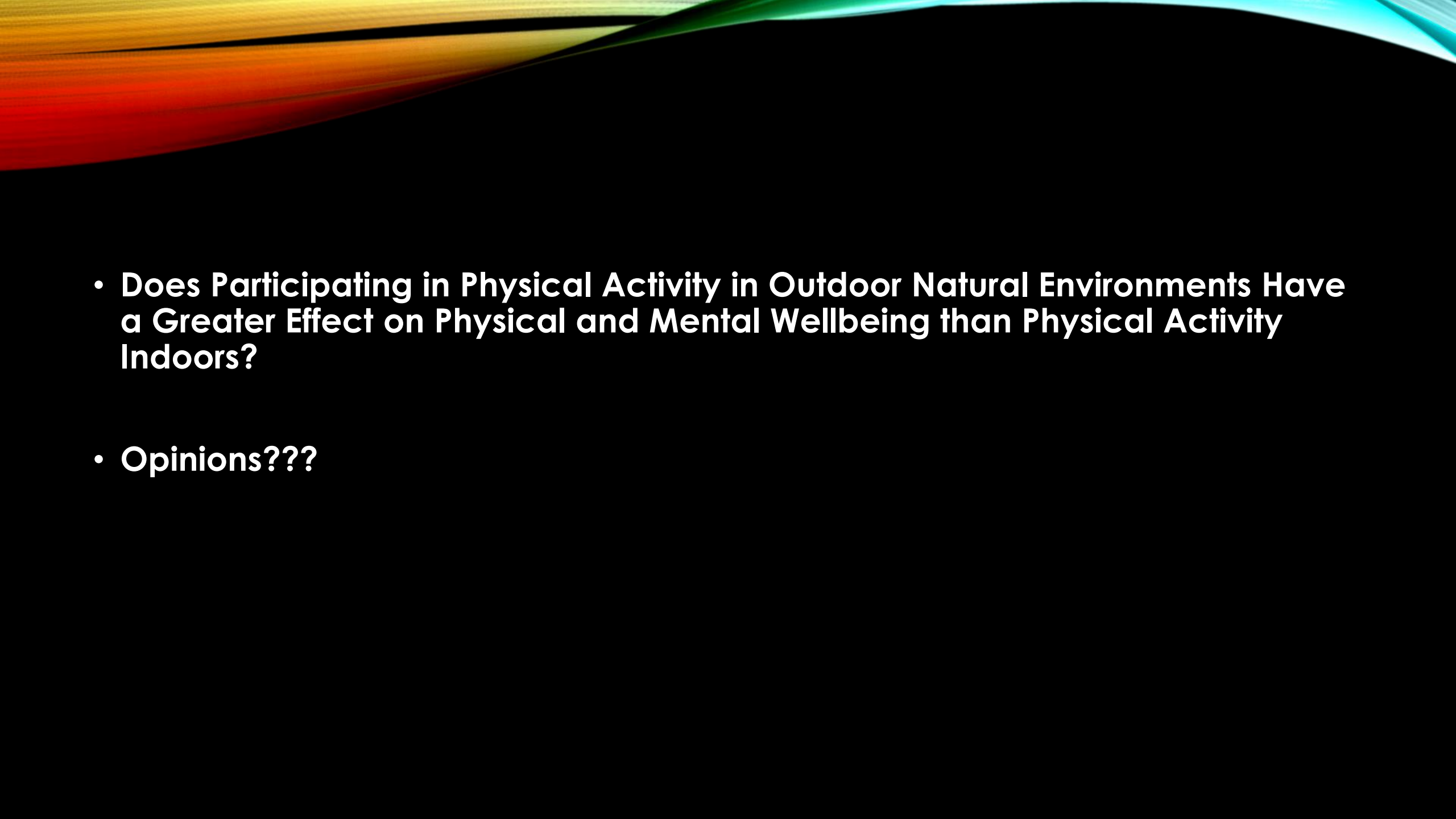
TASK: FOR YOUR CHOSEN OUTDOOR ACTIVITY, IDENTIFY THE FOLLOWING:

- Activity _____
- What are the physical requirements of the activity?
- (e.g. steady paddling for 30 minutes, walking, hard climbing for 20 minutes, rest periods, cycling at steady state – coastal path?)...
- Aerobic components / Anaerobic components.



OUTDOOR SPECIFIC RESEARCH...

- Is it just the activity? OR is it the environment as well?
- Other components? Challenge...Fear...Anxiety...Social Interaction.
- Climbing transcript from last week...

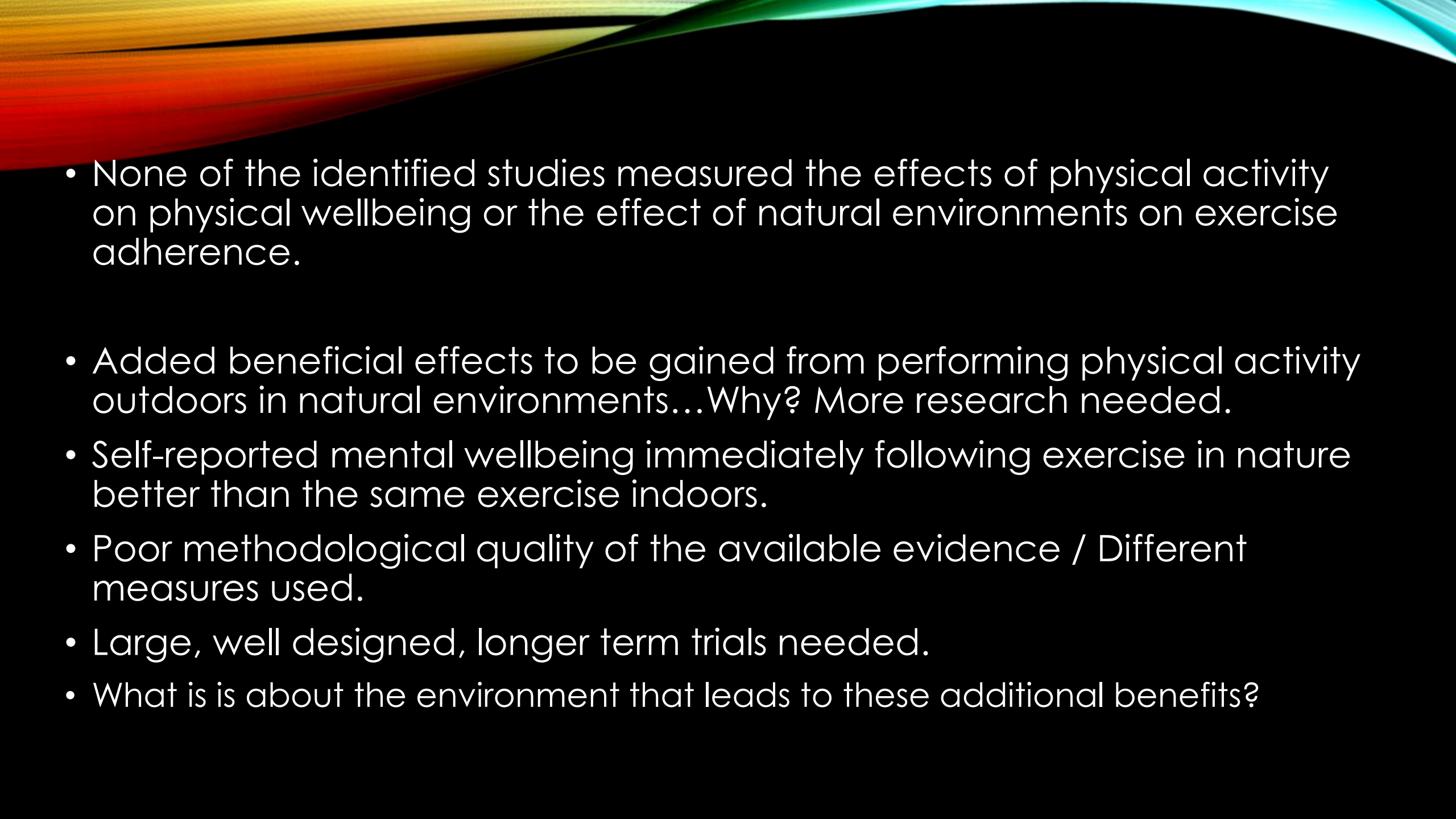
- 
- **Does Participating in Physical Activity in Outdoor Natural Environments Have a Greater Effect on Physical and Mental Wellbeing than Physical Activity Indoors?**
 - **Opinions???**

RESEARCH FINDINGS...SYSTEMATIC REVIEW TO JUNE 2010.

- The objective of the research: Compare effects of participation in physical activity in natural environments compared with physical activity indoors.
- Examined - mental and physical wellbeing, health related quality of life and long-term adherence to physical activity.

- 
- Controlled trials (randomized and nonrandomized) were included.
 - Eligible trials had to compare the effects of outdoor exercise initiatives with those conducted indoors and report on at least one physical or mental wellbeing outcome in adults or children.
 - Eleven trials (833 adults) were included.
 - Most participants (6 trials; 523 adults) were young students.
 - All interventions consisted of a single episode of walking or running indoors with the same activity at a similar level conducted outdoors on a separate occasion.
 - Most trials ($n = 9$) showed some improvement in mental wellbeing on one or other of the outcome measures.

- 
- Compared with exercising indoors, exercising in natural environments was associated with:
 - Greater feelings of revitalization and positive engagement,
 - decreases in tension, confusion, anger, and depression, and increased energy.
 - Feelings of calmness may be decreased following outdoor exercise.
 - Participants reported **greater enjoyment and satisfaction with outdoor activity** and declared a greater intent to repeat the activity at a later date.
 - Importance of this...

- 
- None of the identified studies measured the effects of physical activity on physical wellbeing or the effect of natural environments on exercise adherence.
 - Added beneficial effects to be gained from performing physical activity outdoors in natural environments...Why? More research needed.
 - Self-reported mental wellbeing immediately following exercise in nature better than the same exercise indoors.
 - Poor methodological quality of the available evidence / Different measures used.
 - Large, well designed, longer term trials needed.
 - What is it about the environment that leads to these additional benefits?

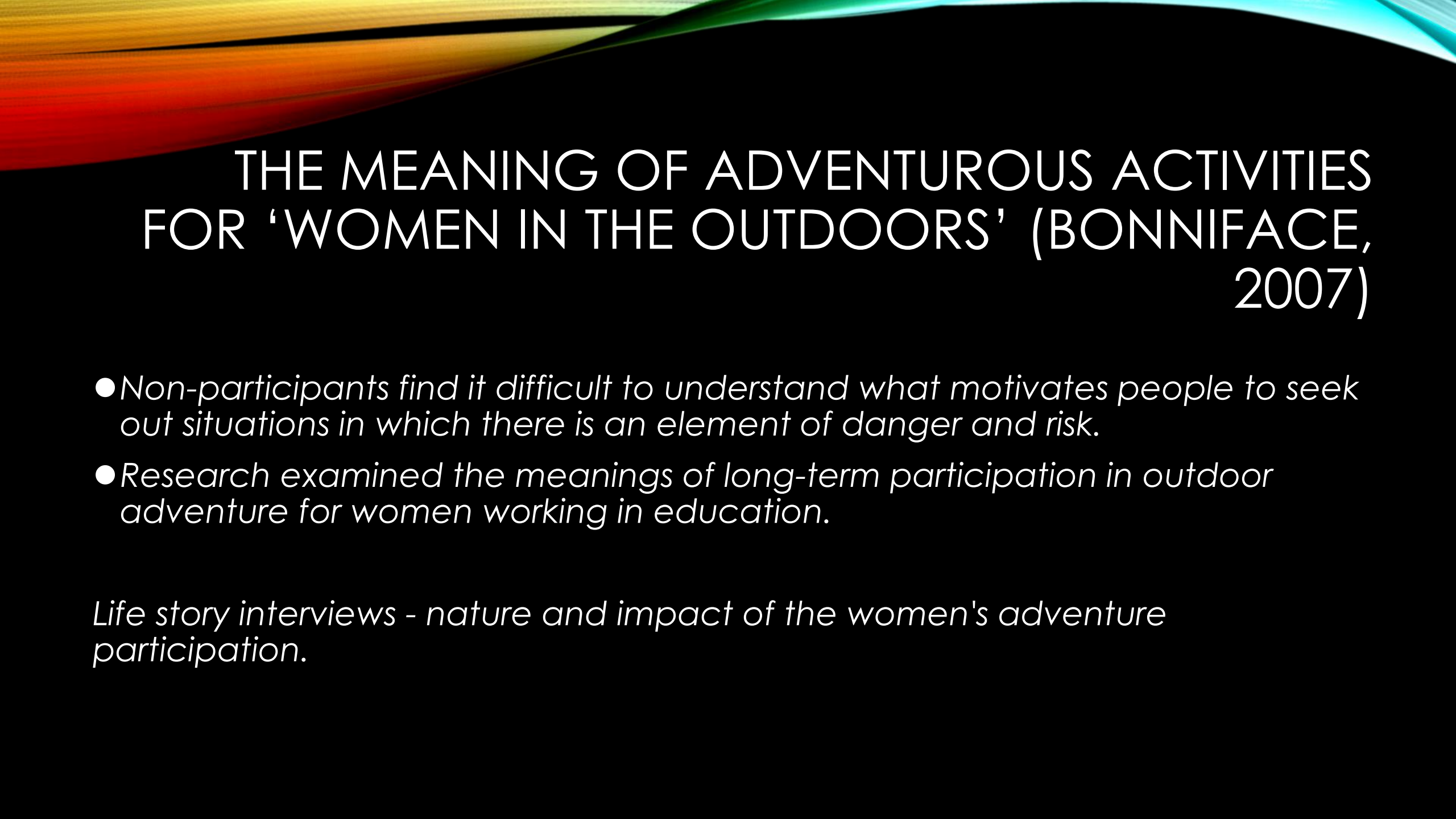
HOW INDIVIDUALS WITH SELF-REPORTED ANXIETY AND DEPRESSION
EXPERIENCED A COMBINATION OF INDIVIDUAL COUNSELLING WITH AN
ADVENTUROUS OUTDOOR EXPERIENCE.
(KYRIAKOPOULOS, 2011)

- Adventure therapy - short-term experiential psychotherapeutic approach that utilises adventurous activities and being in natural environments in order to facilitate therapeutic change in clients.
- Students with self-reported anxiety and depression experienced intervention combining individual therapy with an adventurous outdoor experience.
- 10-15 counselling sessions prior to the AT

FINDINGS...

- Support ideas that positive changes in self- concept and sense of wellbeing can be brought about by participating in adventurous outdoor experiences (e.g. Brendtro & Strother, 2007; Gillen & Balkin, 2006; Pryor, Carpenter, & Townsend, 2005).
- The clients' positive self-perceptions, which were initially developed during the individual therapy sessions, were reinforced through the outdoor experience.
- Supporting Richards and Peel (2005)

- 
- Findings highlight that being in a natural environment associated with a sense of escape from the stresses, characterising modern urban environments (e.g. buildings, uncomfortable noises).
 - According to Gilbert, Gilsdorf, and Ringer (2004) – under-taking an activity based in an natural environment, being in a group, and the inherent sense of adventure, provided a ‘rich source of healing potential which in a number of ways goes beyond what therapy has to offer in a more conventional setting’ (p. 31).



THE MEANING OF ADVENTUROUS ACTIVITIES FOR 'WOMEN IN THE OUTDOORS' (BONNIFACE, 2007)

- *Non-participants find it difficult to understand what motivates people to seek out situations in which there is an element of danger and risk.*
- *Research examined the meanings of long-term participation in outdoor adventure for women working in education.*

Life story interviews - nature and impact of the women's adventure participation.

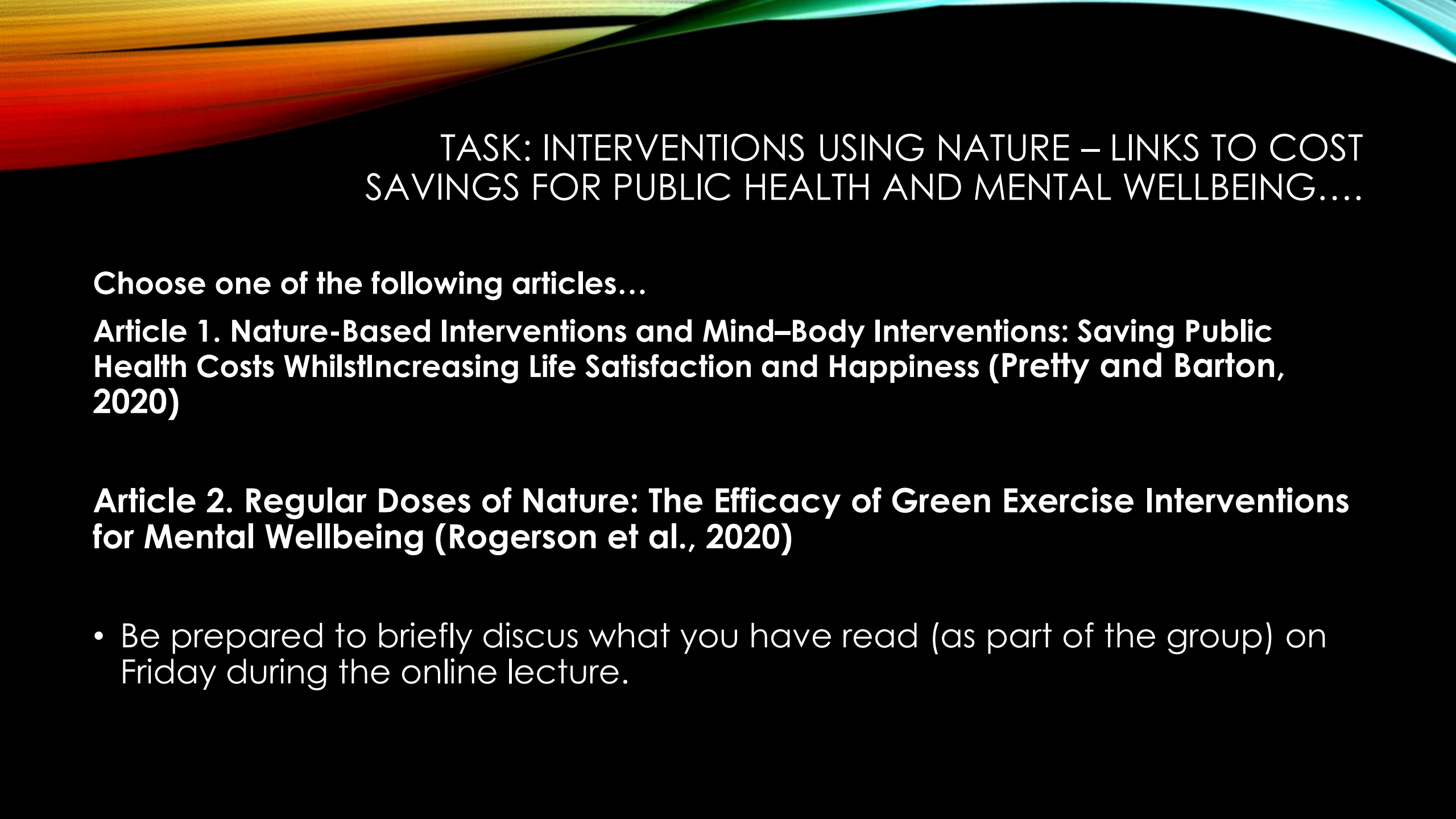
KEY THEMES FOCUSED ON THE SIGNIFICANCE OF ADVENTUROUS ACTIVITIES,
EXPERIENCES OF FEAR, AND RELATIONSHIPS IN THE OUTDOORS.

- *The women in this research emphasised the benefits, values and importance of adventurous activities, and influence on their lives.*
- *Placed significance on time for themselves away from everyday life - associated with feelings of rejuvenation and calm.*
- *When describing their experiences in the outdoors the women reported unusually high levels of fear.*
- *Value placed on shared experiences which often overshadowed aspects such as physical challenge.*

TASK: ARTICLE - SIMULATED GREEN EXERCISE

(Wooller et al., 2018)

1. Look at the structure of the introduction – outline a couple of words to describe the general content of each paragraph. p.2
2. What is the purpose of this section?
3. What does the article suggest the benefits of green exercise are? p.2
4. What was the aim of the study? p.2
5. How was the study set up? p.3
6. What measures did they use? p.5
7. What were the results? Figure p.4 and Table p.6?
8. What were the main findings? Start of discussion p.6
9. What are the future research suggestions? p.8



TASK: INTERVENTIONS USING NATURE – LINKS TO COST SAVINGS FOR PUBLIC HEALTH AND MENTAL WELLBEING....

Choose one of the following articles...

Article 1. Nature-Based Interventions and Mind–Body Interventions: Saving Public Health Costs Whilst Increasing Life Satisfaction and Happiness (Pretty and Barton, 2020)

Article 2. Regular Doses of Nature: The Efficacy of Green Exercise Interventions for Mental Wellbeing (Rogerson et al., 2020)

- Be prepared to briefly discuss what you have read (as part of the group) on Friday during the online lecture.