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EXPLORING THE ROLE OF EXERCISE IN THE MANAGEMENT OF SCHIZOPHRENIA IN ADULTS LIVING IN THE UK

Schizophrenia is a severe mental illness that has an impact on a person's thoughts, feelings, and behaviour. Delusions, diminished motivation, and hallucinations are common signs of schizophrenia. In the UK, people with schizophrenia are also more likely to experience physical health issues including diabetes, obesity, and heart disease, which can shorten their life expectancy. Exercise has been shown to have a significant positive impact on the physical and emotional well-being of those with schizophrenia (Living with Schizophrenia, 2026). Frequent exercise can minimise the risk of cardiovascular illnesses and prevent weight gain brought on by antipsychotic medications. By lowering stress, enhancing sleep, boosting self-esteem, and alleviating symptoms like social disengagement and low motivation, exercise may also enhance psychological wellbeing. As a result, exercise is becoming more widely acknowledged as a crucial supportive tactic in the treatment of schizophrenia in addition to medication and psychotherapy. A beneficial complement to the therapy of schizophrenia is exercise. Regular exercise enhances mood, cognitive function, and physical health in addition to medicine and therapy. Schizophrenia patients frequently lead sedentary lives, which raises their risk of diabetes, obesity, and heart disease. In addition to lowering these risks, exercise enhances general wellbeing. Regular exercise, even in tiny doses, can have positive effects (Everyday Health, 2025).

2. OBJECTIVES

Schizophrenia is a long-term mental illness that affects thoughts, emotions, and behaviour, often beginning in late adolescence. Symptoms include hallucinations, delusions, social withdrawal, and cognitive difficulties such as poor concentration (White, 2025). Causes may involve genetic, environmental, and brain development factors. Treatment usually includes antipsychotic medication, psychosocial therapy, and support from mental health services. Exercise is increasingly recognised as a helpful complementary strategy, as it improves mood, reduces symptoms, enhances cognitive function, and helps manage medication side effects like weight gain and cardiovascular risks (Journals, 2025).

3. RATIONALE

A major mental illness that affects 2-4% of people, schizophrenia is a major contributor to disability. Because of the high cost of healthcare and lost productivity, it has a significant negative economic impact on the UK. Despite the widespread use of antipsychotic drugs, many people still have symptoms and physical health issues like heart disease. Exercise is a crucial supporting strategy for managing schizophrenia since research indicates that it can enhance both physical and mental health (Yung, 2016).

4. METHODS

How the study was carried out is described in the methods section. By examining previously published, peer-reviewed journal papers, this study employed a secondary research methodology. Using three to five papers from sources including ProQuest, Google Scholar, and the UWTSD Library, a scoping review was conducted. To find pertinent research, keywords pertaining to schizophrenia, exercise, adults, and the UK were utilised. Articles written in English and published in 2016 were included. To find recurring themes in the chosen studies, data was subjected to thematic analysis.

5. ETHICAL CONSIDERATIONS

Peer-reviewed journals serve as secondary sources for this investigation. Maintaining academic integrity, utilising trustworthy sources, accurately and respectfully presenting material, and properly citing sources to prevent plagiarism are all ethical considerations.

REFERENCES

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