

1. Record Nr.	UNINA9910813607303321
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Titolo	Sport and physical activity for mental health / / David Carless and Kitrina Douglas
Pubbl/distr/stampa	Chichester, West Sussex, : Blackwell, 2010
ISBN	9786612690334 9781444348200 1444348205 9781282690332 1282690337 9781444324945 1444324942 9781444324952 1444324950
Descrizione fisica	1 online resource (193 p.)
Altri autori (Persone)	DouglasKitrina
Disciplina	612/044
Soggetti	Sports - Psychological aspects Exercise - Psychological aspects Mental illness - Exercise therapy Recreational therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Sport and Physical Activity for Mental Health; Contents; Acknowledgements; Credits; Introduction; Part I: Setting the scene; 1 A background to mental health and physical activity; 2 A narrative approach to mental health research; Part II: Understanding physical activity and sport in mental health; 3 Personal stories of sport, physical activity and mental health; 4 Rebuilding identity through sport and physical activity; 5 Action, achievement and relationships; 6 Physical activity as a stepping stone in recovery; Part III: Practice and provision of physical activity and sport 7 The culture of physical activity and sport8 Women in sport and physical activity; 9 Social support for participation; 10 Practitioner

Sommario/riassunto

With approximately 1 in 6 adults likely to experience a significant mental health problem at any one time (Office for National Statistics), research into effective interventions has never been more important. During the past decade there has been an increasing interest in the role that sport and physical activity can play in the treatment of mental health problems, and in mental health promotion. The benefits resulting from physiological changes during exercise are well documented, including improvement in mood and control of anxiety and depression. Research also suggests that socio-cultural a