

# Combining Exercise and Psychotherapy to Treat Mental Health

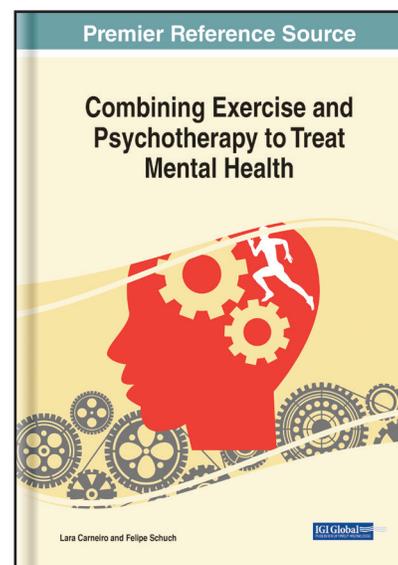
Part of the Advances in Psychology, Mental Health, and Behavioral Studies Book Series

Lara Carneiro (United Arab Emirates University, AI, Portugal) and Felipe Schuch (Universidade Federal de Santa Maria, Brazil)

## Description:

The last decade has seen a renewed recognition of the interconnection of the mental and physical wellbeing of people living with mental diseases. Research has assessed the impact of exercise and psychological interventions as monotherapy and complementary treatments to usual care and found considerable benefits to reduce psychiatric symptoms and improve quality of life. Questions remain on the effectiveness and on the best practices to deliver such interventions.

**Combining Exercise and Psychotherapy to Treat Mental Health** evaluates the effects of psychotherapy and exercise interventions in individuals with mental health diseases. The book also addresses psychotherapy and exercise interventions for mental health followed by combined psychotherapy and exercise interventions and provides strategies for maintaining exercise involvement. Covering key topics such as anxiety disorders, psychology, exercise, and mood disorders, this premier reference source is ideal for therapists, mental health specialists, psychologists, industry professionals, researchers, academicians, scholars, practitioners, instructors, and students.



**ISBN:** 9781668460405

**Pages:** 300

**Copyright:** 2023

**Release Date:** April, 2023

**Hardcover:** \$325.00

**E-Book:** \$325.00

**Hardcover +  
E-Book:** \$390.00

## Topics Covered:

Anxiety Disorders  
Eating Disorders  
Exercise  
Mental Health  
Mood Disorders

Neurobiological Mechanisms  
Physical Activity  
Physiological Mechanisms  
Psychology  
Psychotherapy

**Subject:** Medical, Healthcare, and Life Sciences

**Classification:** Edited Reference

**Readership Level:** Advanced-Academic Level  
(Research Recommended)

**Research Suitable for:** Advanced Undergraduate Students; Graduate Students; Researchers; Academicians; Professionals; Practitioners

### Order Information

Phone: 717-533-8845 x100

Toll Free: 1-866-342-6657

Fax: 717-533-8661 or 717-533-7115

Online Bookstore: [www.igi-global.com](http://www.igi-global.com)

Mailing Address: 701 East Chocolate Avenue, Hershey, PA 17033, USA