

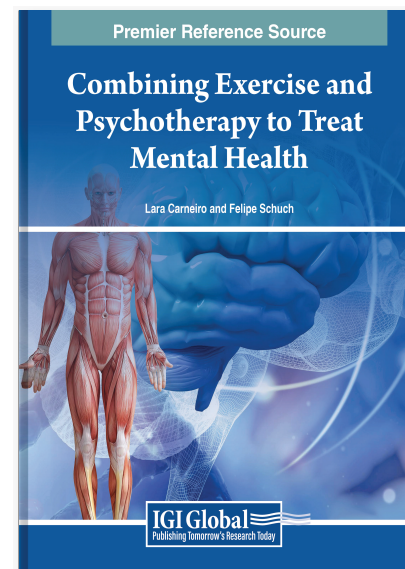
Combining Exercise and Psychotherapy to Treat Mental Health

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.



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Eating Disorders
Exercise
Mental Health
Mood Disorders

Neurobiological Mechanisms
Physical Activity
Physiological Mechanisms
Psychology
Psychotherapy

Subject: Medical, Healthcare, and Life Sciences

Classification: Edited Reference

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(Research Recommended)

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

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