

HEALTHY
LIVING
EXPERIENCE

WELL

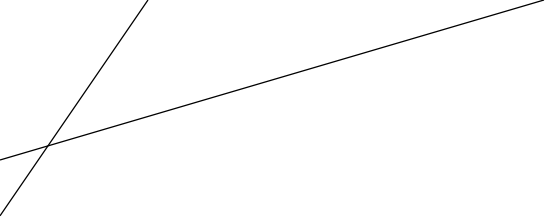
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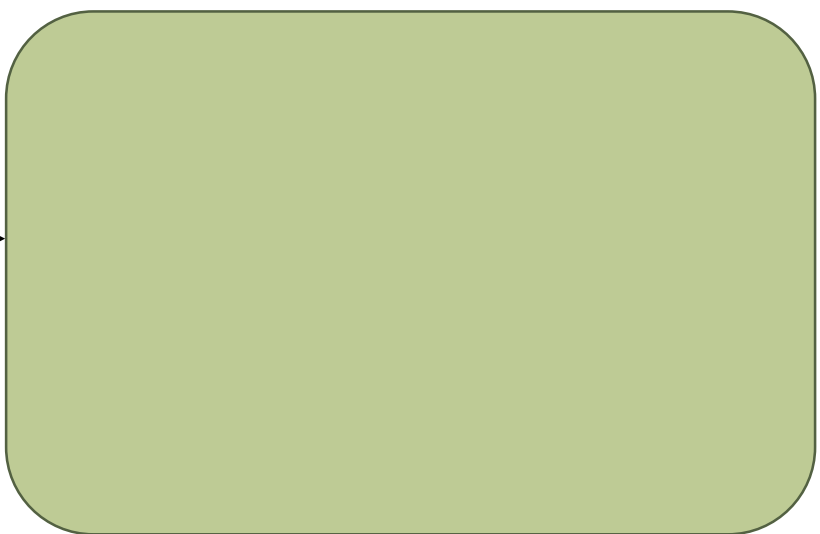
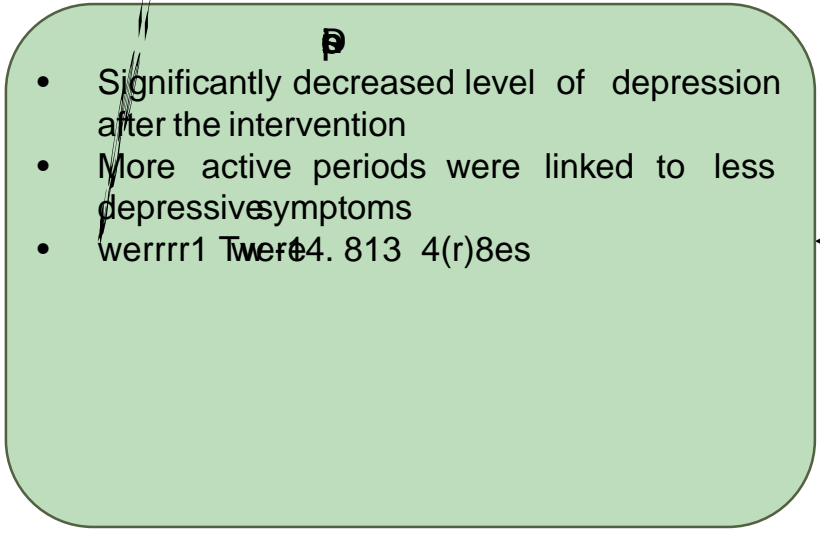
- Loss of a loved one has negative impact on mental and physical health and wellbeing (Gilbar & Ben-Zur, 2002).
- Marital bereavement increases the risk of depressive and anxiety-related symptoms, poor physical health and reduced resilience (Allen et al., 2013; Gilbar & Ben-Zur, 2002).
- Physical activity has a positive impact on mental health and it can reduce depressive symptoms (Raglin & Wilson, 2012).
- Only few studies examined the effect of physical activity on the impact of bereavement and the results of existing research are inconsistent (Stahl & Schulz 2014).



- Searches were run on six electronic databases
- 1208 articles were identified (557 duplicate records)
- 32 articles were eligible for full text screening
- Finally twelve articles were included
11 quantitative and 1 mixed-methods

- Significantly decreased level of depression after the intervention
- More active periods were linked to less depressive symptoms
- $werrr1 Twer0.8134(r)8es$

(sport, exercise, walking)
(Physical leisure activities)
(behavioural activation, Danjeon breathing technique)





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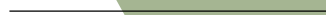
Positive links between physical and leisure activities and reduced depressive symptoms

G



Positive relation between exercise and the reduced emotional distress of caregivers

B



Leisure activity participation and the impact of physical activity interventions were linked to greater life satisfaction

Physical and leisure activities were used as coping strategies during bereavement
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Physical and leisure activities were used as coping strategies during bereavement

Study 1:

INTERVIEW

INTERVIEW

- Examining the relationship between physical activity, bereavement and mental health among older people
- D : English



Study 1:

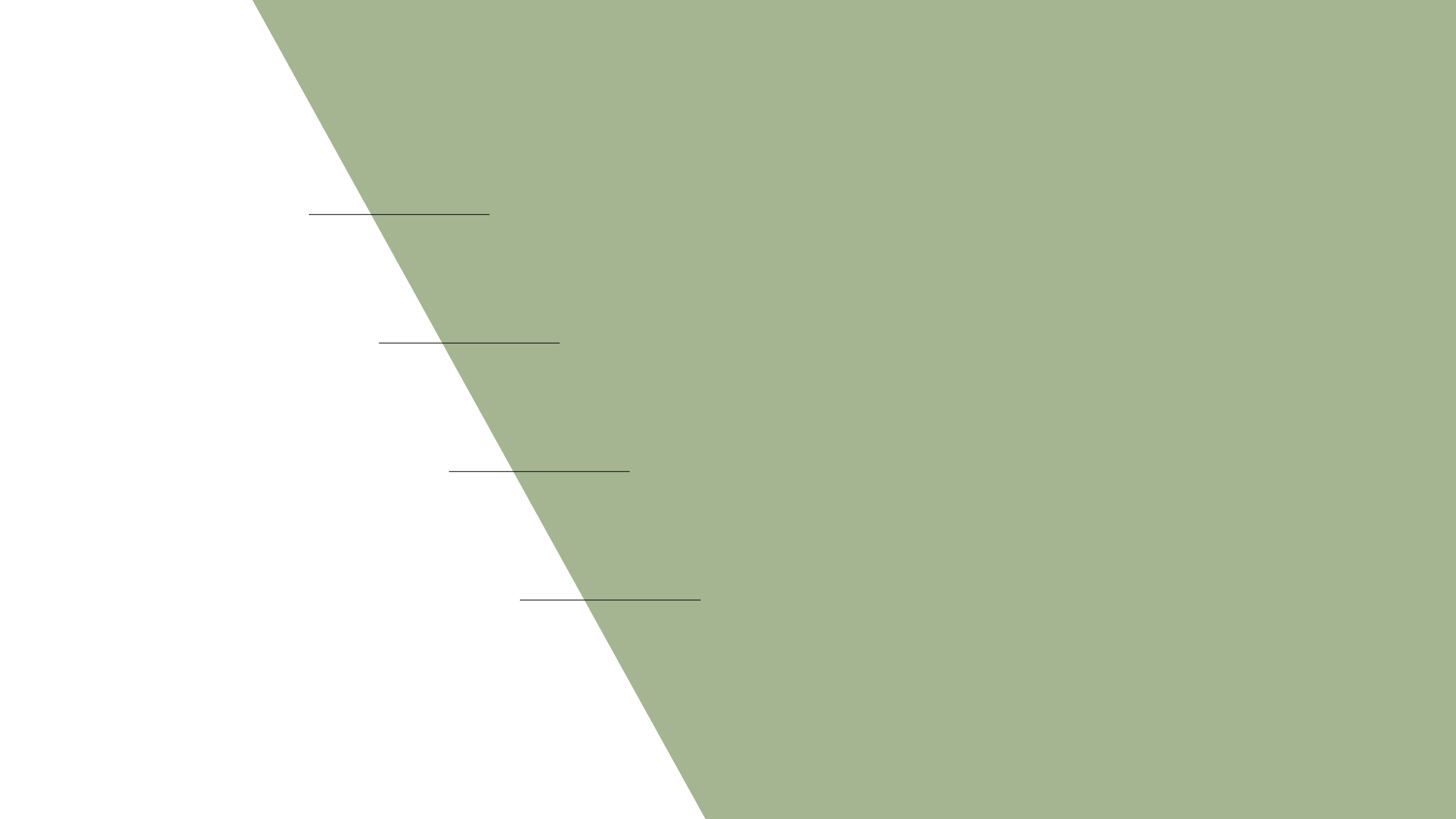
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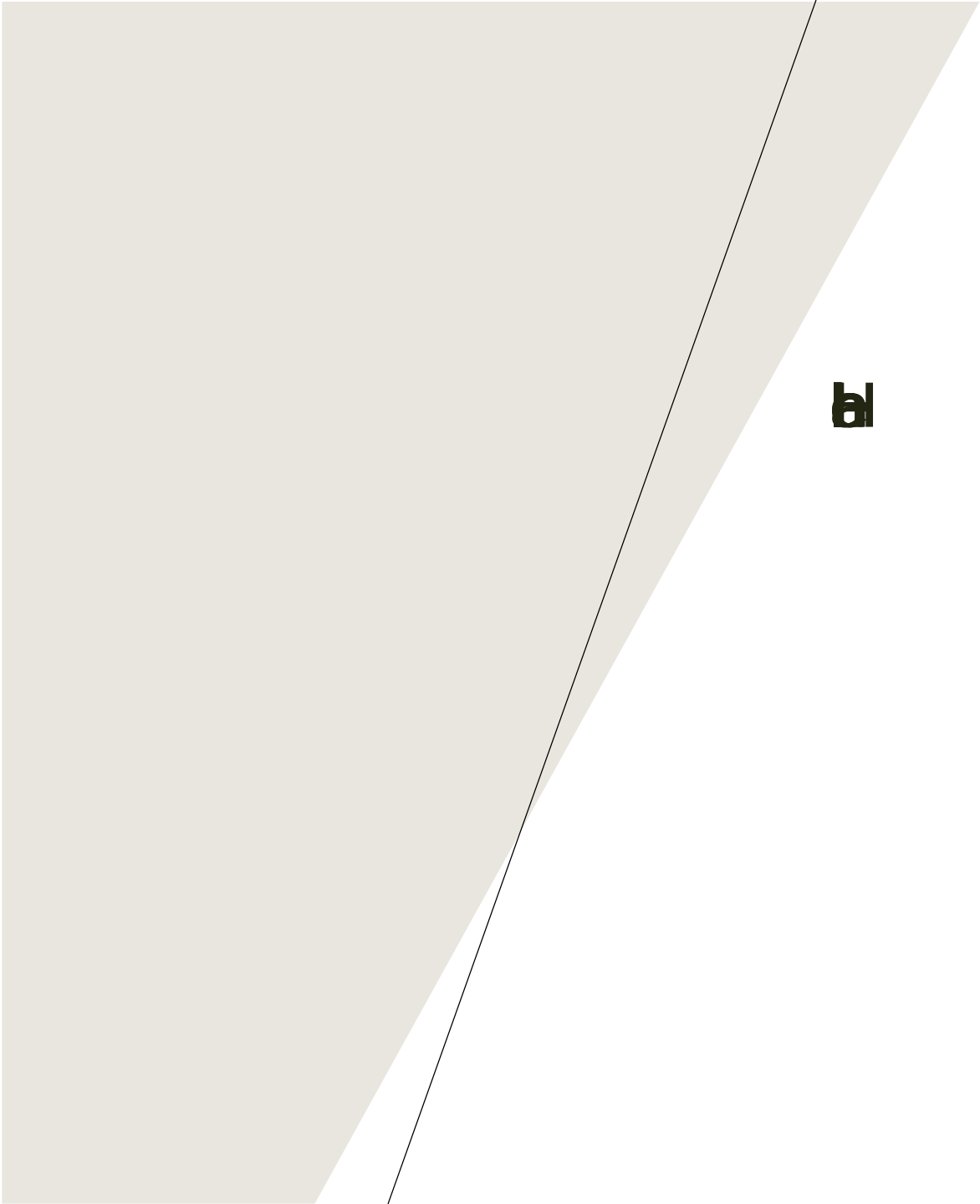
INTERVIEW

INTERVIEW

- **A** _____ :
 - Two-way mixed ANOVA and hierarchical multiple regression
 - Using SPSS (version 27)

- **D** _____ **B** _____ :
 - CES-D scale mean score below the midpoint of the scale
 - CASPI 9 scale mean score above the midpoint
 - SWLS scale mean score above the midpoint
 - Physical activity mean score slightly above the midpoint
 - Included covariates age, gender, self-perceived subjective social status, total income, education level





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REFERENCES:

- Kim, Y., Kim, K., Boerner, K., Birditt, K. S., Zarit, S. H., & Fingerman, K. L. (2019). Recent parental death and relationship qualities between midlife adults and their grown children. *Journal of Marriage and Family, 81*(3), 616-630.
- Gilbar, O., & Ben-Zur, H. (2002).