



ONLINE WORKSHOP

# INTERNATIONAL OPPORTUNITIES IN PHYSICAL ACTIVITY AND MENTAL HEALTH

1° INTERNATIONAL MEETING

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DATE

JUNE 21, 22, 23 - 2022

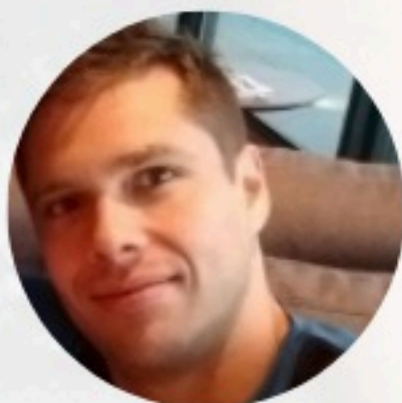
HOSTED BY

FELIPE SHUCH - ANDREA DESLANDES





# OUR TEAM



## FELIPE SHUCH



Adjunct Professor at Federal University of Santa Maria, Brazil. Graduated in physical education, Master and PhD in Medical Sciences: Psychiatry Coordinator of the research group on physical exercise and mental health at UFSM. Master's advisor in the Postgraduate Program of Movement and Rehabilitation Sciences (UFSM), Member of the Depression Lifestyle Medicine Task Force of the World Federation of Societies of Biological Psychiatry and of the International Society for Bipolar Disorders (ISBD) Task Force on Nutrition and Exercise. Listed as one of the most cited authors in the field of psychology and psychiatry in 2020 in the Clarivate/Web of Science list.



## ANDREA DESLANDES



Adjunct Professor at the Institute of Psychiatry at the UFRJ and coordinator of the Exercise Neuroscience Laboratory (LaNEx/UFRJ). Graduated in Physical Education and PhD in Psychiatry and Mental Health at the Federal University of Rio de Janeiro (UFRJ), Brazil. Deslandes researches the effects of Physical Exercise in the prevention and treatment of Depression, Anxiety, Mild Cognitive Impairment and Dementia. She is also interested in the acute and chronic effects of exercise on children's executive function and academic achievement.



## MEGAN TEYCHENNE



Associate Professor at Deakin University's Institute for Physical Activity and Nutrition (IPAN), PhD in Behavioural Epidemiology. For more than 15 years has investigated the role of health-related behaviours in the prevention and treatment of mental health conditions, with a focus on vulnerable population groups. She has played a pivotal role in advancing knowledge of the field, with her research cited in several international evidence briefings, and in her role as associate editor for the journal Mental Health and Physical Activity.



## JOSEPH FIRTH



UKRI Future Leaders Fellow, University of Manchester, U.K. Honorary Fellow, Western Sydney University, Australia. Honorary Fellow, Greater Manchester Mental Health NHS Foundation Trust, U.K. Dr. Joseph Firth completed his PhD (Medicine) at the University of Manchester, U.K and has a BSc (1st Hons) in Psychology from the University of Sheffield, U.K. His current research primarily focuses on the use of digital technologies and physical health interventions for improving both physical and mental health outcomes in people living with mental illness.



# OUR TEAM



## JACOB MEYER



Assistant professor at Iowa State University and Director of the Wellbeing and Exercise Laboratory. PhD, Fellow of the American College of Sports Medicine. He is an expert on the neurobiological effects of exercise on depression and his research is designed to capitalize on the psychological effects of exercise for major depressive disorder and other clinical mental health disorders. This research examines the biology associated with the mood-enhancing effects of acute and chronic exercise with the goal of using that to both prevent serious mental health concerns and treat those suffering from mental illness.



## SIMON ROSENBAUM



Associate Professor in the School of Psychiatry, UNSW Sydney, and an honorary fellow at the Black Dog Institute. Simon's research focuses on physical activity, mental illness, sport for development and global mental health. He has published >180 peer-reviewed publications including a textbook and a Lancet Commission. He serves as an elected national director of Exercise and Sports Science Australia. In 2019, was recognised by the Clarivate Highly Cited list for mental health, awarded to the top 1% of researchers in a given field worldwide.



## JEROEN DEENIK



Assistant professor at the School for Mental Health & Neuroscience at Maastricht University and the master's programme in Psychomotor Therapy at Windesheim University of Applied Sciences. He is a health psychologist, epidemiologist and psychomotor therapist. In line with his PhD research (May 2019), he focuses on lifestyle behaviours and the implementation of lifestyle interventions in people with mental illness, at the edge of scientific research and routine mental healthcare. Works as a researcher and programme leader 'lifestyle' at the psychiatric hospital of GGz Centraal.



## SEBASTIAN WOLF



PhD, Psychologist and Psychotherapist (CBT). Junior group leader of the research group "Exercise and Mental Health" at the university of Tübingen, Germany. Main research interests: exercise (therapy) as a treatment for mental disorders, Randomised Controlled Trials, healthcare research (mainly focused on outpatient context), psychophysiological mechanisms of the antidepressant effects of exercise.



# OUR TEAM



## ANDREAS HEISSEL



Postdoctoral Research Fellow at the Professorship for Social and Preventive Medicine at the Department for Sports and Health Sciences at the University of Potsdam, Germany. He studied sports, political, and educational science from 2002 to 2008 in Potsdam, Berlin and Sydney. PhD in sports psychology, first at the Humboldt University Berlin (2010-2013), graduated in 2013 at the University of Potsdam about obese children coached by exercise professionals trained in need support.



## LEE SMITH



Professor of Public Health at Anglia Ruskin University. Graduated in Applied Sport Science, Loughborough University, Master in Physical Activity and Health, Loughborough University and PhD in Epidemiology, University of Cambridge. He is an epidemiologist with expertise in physical activity and sedentary behaviour. At present, Lee is leading the COVID-19 research group for ARU.



## BRENDON STUBBS



Clinical Lecturer in the National Institute for Health Research, (NIHR) Maudsley Biomedical Research Centre, at King's College, London. He is a clinical-academic physiotherapist with an interest in physical activity & mental health, the mind-body interface, healthy aging and meta-research. Brendons Stubbs has BSc (Hons) in Physiotherapy, MSc in Neurological Rehabilitation and PhD in Pain Medicine & Rehabilitation. He works with a group of collaborators with whom he has published over 500 academic papers in several leading journals across multiple scientific fields.

# 21 JUNE



## Brazil Time

08:00 - 08:15 Opening and introductions

### JOSEPH FIRTH - 5MIN

08:25 - 08:40 **Fiona Hargraves:** A Virtual Reality Exercise Intervention for Young Men with Depression; exploring the feasibility and efficacy for physical and mental wellbeing during Covid-19

08:45 - 09:00 **Mel Eaton:** Weight-neutral nutrition approaches in relation to mental health

### ANDREA DESLANDES - 5MIN

09:15 - 09:30 **Juliana Dias:** Physical exercise as a treatment for people with mental disorders during life: a meta-review of meta-analyses



10 min / Discussion

10min / 1° Break

09:55 - 10:10 **Fernanda Monteiro:** Physical activity, sedentary behavior, barriers and facilitators for Exercise in individuals with mental illness

10:15 - 10:30 **Valter Fernandes:** Acute and chronic effect of Capoeira on motor and cognitive function: a RCT

# 21 JUNE



**Brazil Time**

## JEROEN DEENIK - 5MIN

**10:45 - 11:00 Myrthe van Schothorst:** Effectiveness & implementation of lifestyle-focused treatment in in- and outpatients with severe mental illness



**10 min / Discussion**  
**10min / 2° Break**

**11:25 - 11:40 Simone Verdiesen:** Physical activity interventions in people with mental illness along the research pipeline: a bibliometric review

**11:45 - 12:00 Lisanne Koomen:** Lifestyle improvement for people with severe mental illness in supported housing facilities

**12:05 - 12:20 Lydia Pieters:** Physical activity and movement disorders in mental illness



**10 min / Final discussion**



# 22 JUNE



## Brazil Time

08:00 - 08:15 Opening and introductions

### SIMON ROSENBAUM - 5 MIN

**08:25 - 08:40 Chiara Mastrogiovanni:** The effect of exercise-based falls prevention programs on depressive symptoms in community-dwelling older adults over 60 years old: A systematic review

**08:45 - 09:00 Lauren Wheatley:** The training needs of exercise and diet professionals in responding to and supporting the recovery of people who experience gender-based violence

### ANDREAS HEISSEL - 5 MIN

**09:15 - 09:30 Darlene Heinen:** Acute effects of aerobic exercise on sBDNF: A randomized controlled trial



10 min / Discussion

10min / 1° Break

### SEBASTIAN WOLF - 5 MIN

**10:05 - 10:15 Christiane Stielow:** Cost-effectiveness of exercise therapy compared to psychotherapy: A pragmatic cluster RCT

**10:20 - 10:35 Johanna Zeibig:** Effects of the group exercise intervention "ImPuls" on heart rate variability among a heterogenous outpatient sample

# 22 JUNE



## Brazil Time

**10:40 - 10:55 Jana Welkerling:** Decoded rumination from EEG and fNIRS data as mode of action of the antidepressant effect of exercise: Preliminary results



**10 min / Discussion**  
**10min / 2° Break**

**11:20 - 11:35 Anna Frei:** Efficacy and cost-effectiveness of a Transdiagnostic group-based exercise intervention: study protocol and first data

**11:40 - 11:55 Thomas Studnitz:** TeenImPuls - getting youth to move: study protocol for an online group intervention for teenagers with mental disorders

**12:00 - 12:15 Britta Seiffer:** MentalFIT: Effects of different types of exercise on executive functions and mental health: first results of a pilot study



**10 min / Final discussion**





# 23 JUNE



## Brazil Time

08:00 - 08:15 Opening and introductions

### MEGAN TEYCHENNE - 5MIN

08:25 - 08:40 **Maria Apostolopoulos:** Physical activity and postnatal depression in fathers: a systematic review

### FELIPE SCHUCH - 5MIN

08:55 - 09:10 **Maria Eduarda:** Exercise effects on inflammatory markers

09:15 - 09:30 **Aline Waclawovsky:** Mental-uni cohort



10 min / Discussion

10min / 1° Break

### JACOB MEYER - 5MIN

10:05 - 10:20 **Jeni Lansing:** The antidepressant effects of resistance training and its cerebrovascular effects

10:25 - 10:40 **Seana Perkins:** Exercise in the management of anxiety in depressed populations

10:45 - 11:00 **Sydney Cindrich:** Exercise and epilepsy: observational associations and potential for treatment implications



10 min / Discussion

10min / 2° Break

# 23 JUNE



**Brazil Time**

**LEE SMITH - 5MIN**

11:35 - 11:50 STUDENT 1:

11:55- 12:10 STUDENT 2:

**BRENDON STUBBS - 5MIN**

12:25 - 12:40 STUDENT 1:

12:45 - 13:05 STUDENT 2:



**10 min / Final discussion**

