

## Invitation to Participate in Survey.

### Physical activity and youth mental health: Co-designing resources with General Practitioners.

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#### Background

Mental health concerns such as depression and anxiety commonly begin in adolescence and early adulthood. Numerous studies have demonstrated the positive effects of physical activity for depression, anxiety and reducing stress.

GPs are the most common health professionals people see for mental health concerns. Despite the literature showing the psychological, physiological and neurobiological benefits of physical activity for mental health concerns, GPs rarely prescribe physical activity for mental health.

Physical activity prescription (type, dose, and frequency) for mental health is not currently a part of Australian Medical School curriculum, yet GPs report wanting more training in this. Studies have shown, however, that even with financial benefits or CPD points as incentives, GPs participation in further education, or educational interventions, is low. Due to the low participation rates, studies recommend developing resources that are acceptable to GPs to encourage adherence to current physical activity guidelines.

#### Study aim

The overall aim is to co-design resources that are acceptable to GPs. Phase 1 is a Needs Assessment Survey. Information on Phase 2 and 3 can be found on the landing page of the survey.

#### Survey aims:

- Identify GPs preferred learning methods and resources (content and mode of delivery) to enable them to prescribe/recommend physical activity for mental health
- Identify GPs physical activity for mental health knowledge and needs Participation in this project will offer \$50 to the first 100 GP participants to complete the survey.

To access the survey and information to participate, use the QR code below.

