

# Movement disorders may affect exercise in patients with psychosis

July 26 2021

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(HealthDay)—For patients with psychotic disorders, certain movement

disorders, especially parkinsonism, are associated with reduced physical activity (PA) and increased sedentary behavior (SB), according to a study published in the July issue of the *Schizophrenia Bulletin*.

Lydia E. Pieters, from the Psychiatric Centre GGz Centraal in Amersfoort, Netherlands, and colleagues examined the relationship between [movement disorders](#) and PA and SB among 216 patients with schizophrenia and related psychoses. The data were analyzed with adjustment for sex, age, negative symptoms, and a defined daily dose of prescribed antipsychotics.

The researchers observed a significant association between Parkinsonism and decreased PA and increased SB ( $\beta = -0.21$  and  $0.26$ , respectively). Only the relationship with SB was significant for dystonia ( $\beta = 0.15$ ). Akathisia was associated with increased PA and decreased SB ( $\beta = 0.14$  and  $-0.15$ , respectively), while for dyskinesia, the associations were not significant. Akathisia, dystonia, parkinsonism, and age significantly predicted PA and SB in a prediction model.

"These findings highlight the clinical relevance of movement disorders in people with schizophrenia and related psychoses in studying the complex behavior of PA," the authors write. "Future studies should further examine the role of (psycho)motor, cognitive and other clinical factors in PA and SB in order to provide effective treatment strategies for patients with schizophrenia."

**More information:** [Abstract/Full Text](#)

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Citation: Movement disorders may affect exercise in patients with psychosis (2021, July 26) retrieved 7 May 2024 from

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