

## Effect of Aerobics Exercise on the Patient with Anxiety Disorder

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**Abstract :** Background: An important psychological issue that has an impact on both mental and physical function is anxiety disorders. The general consensus is that aerobic exercise and physical activity are good for lowering anxiety and mood. Purpose: This study's goal was to look into how patients with anxiety disorders responded to aerobic exercise. Subjects: Anxiety disorders were identified in 30 individuals from the psychiatric hospital at Sohag University who were chosen based on inclusive criteria and had ages ranging from 25 to 45. Methods: Patients were split into two equal groups at random: For four weeks, three sessions per week, fifteen patients in group A (the study group), seven men and eight women, underwent medication therapy and aerobic exercise. Age ( $28.4 \pm 2.11$  years), weight ( $72.5 \pm 10.06$  kg), height ( $164.8 \pm 9.64$  cm), and BMI ( $26.65 \pm 2.68$  kg/m<sup>2</sup>) were all mean SD values. And in Group B (Control Group), only medication therapy was administered to 15 patients (9 males and 6 females). Age ( $29.6 \pm 3.68$ ), weight ( $75 \pm 7.07$  kg), height ( $166.9 \pm 6.75$  cm), and BMI ( $26.87 \pm 1.11$ ) kg/m<sup>2</sup> were the mean SD values. Before and after the treatment, the Hamilton Anxiety Scale was used to gauge the patient's degree of anxiety. Results: Within the two groups, there were significant differences both before and after the treatment. Following therapy, there was a significant difference between the two groups; the study group displayed better improvement on the Hamilton Anxiety Scale. Conclusion: Patients with anxiety problems can benefit from aerobic activities and antianxiety drugs as effective treatments for lowering anxiety levels.

**Keywords :** aerobic exercises, anxiety disorders, antianxiety medications, Hamilton anxiety scale

**Conference Title :** ICPTT 2023 : International Conference on Physical Therapy Types

**Conference Location :** New York, United States

**Conference Dates :** August 10-11, 2023