

Florence Piché - Bourse de communication scientifique – Hiver 2025

Communication par affiche au 15th International Conference on Early Intervention and Prevention in Mental Health en septembre 2025 à Berlin

Titre : The impact of substance use disorder in the practice of Physical Activity among Individuals with Psychotic Disorders

Programme d'étude : Doctorat en psychoéducation de l'Université de Sherbrooke sous la direction de Chantal Plourde et de Ahmed Jérôme Romain

### **The impact of substance use disorder in the practice of Physical Activity among Individuals with Psychotic Disorders**

**Aims:** People with psychotic disorder tend to have a low physical activity level and a more sedentary lifestyle. In a recent study, higher levels of physical activity were observed in people with substance use disorder (SUD) compared to other mental disorders. This present study aims to verify when a population with psychotic disorders have a SUD if this remains true. So, we compare the level of physical activity of people with psychotic disorder and the presence of a SUD. **Methods:** Cross-sectional study using the database SIMPAQ (23 countries) including 1013 participants with a mental disorder all evaluated by a psychiatrist. We form two groups using the severity of symptoms for SUD and a diagnostic of psychotic disorder (G1: people with a psychotic disorder and a SUD, G2: people with only a psychotic disorder). To compare the level of physical activity we used a one-way ANOVA.

**Results and conclusion:** Characteristic for groups 1 and 2 were similar in age (G1:  $37.7 \pm 12.1$  years; vs. G2:  $38.4 \pm 13.6$  years), but different for the proportion of women (G1= 35.2% vs. G2 = 51.1%). We found a significant difference in physical activity levels between people with SUD and psychotic disorder ( $2.44 \pm 1.91$ h of physical activity/week) compared with people with only psychotic disorder ( $1.97 \pm 1.63$ h of physical activity/week;  $p = 0.04$ ). The observation that individuals dealing with both psychotic disorder and SUD issues appear to be more physically active suggests an opportunity to create pathways for guiding them toward healthier lifestyle habits.