

PHYSICAL ACTIVITY DURING A TREATMENT FOR SUBSTANCE USE DISORDER: A SCOPING REVIEW

Florence Piché¹, Catherine Daneau¹, Chantal Plourde², Stéphanie Girard¹

¹Département des Sciences de l'activité physique, Université du Québec à Trois-Rivières, Trois-Rivières, Canada

²Département de Psychoéducation, Université du Québec à Trois-Rivières, Trois-Rivières, Canada

Background: In 2017, more than 20 % of global deaths were attributable to substance use disorder. This disease has adverse health consequences and despite a diverse service offering, retention rates appear to be low (30 %). Physical activity, as a complementary treatment, represents a promising avenue. Nevertheless, the addition of this component in the treatment of a substance use disorder during treatment has been little studied to date. This scoping review provides an overview of physical activity interventions and their effects during substance use disorder treatment. *Methods:* The literature review was conducted in seven databases and the first two authors screened the articles. All articles were analysed, and data extraction was performed to synthesize the results. A quality analysis was also performed. *Results:* Thirty-two articles were selected. The most common physical activity interventions were of moderate intensity and took place 3 times per week (\approx 1 hour) for 12 weeks. Regarding the most studied outcomes, substance use was the most observed effect showing a significant decrease. Subsequently, aerobic capacity, presence of depressive symptoms, sleep quality, and quality of life are some examples of the outcomes that were considered and for which a significant change was noted. The quality analysis of the studies indicated the presence of numerous biases in all studies. *Conclusion:* Given its beneficial effects, the inclusion of a physical activity intervention during substance use disorder treatment is a promising practice, but it deserves to be the subject of more reliable methodologically scientific studies.