

RESEARCH SUMMARY

The impact of sports participation on mental health and social outcomes in adults: a systematic review and the 'Mental Health through Sport' conceptual modal

A/Prof Narelle Eather, Dr Levi Wade,
Dr Aurelie Pankowiak, Prof Rochelle Eime

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Background

Participation in sport can be beneficial for adults physical, mental and social health.

Aim

To present the results of a systematic review of the mental health and social outcomes of participation in sport for adults.

Methods

A systematic review of 8528 studies, including 29 papers included in this analysis.

Results

Participation in sport is related to improved:

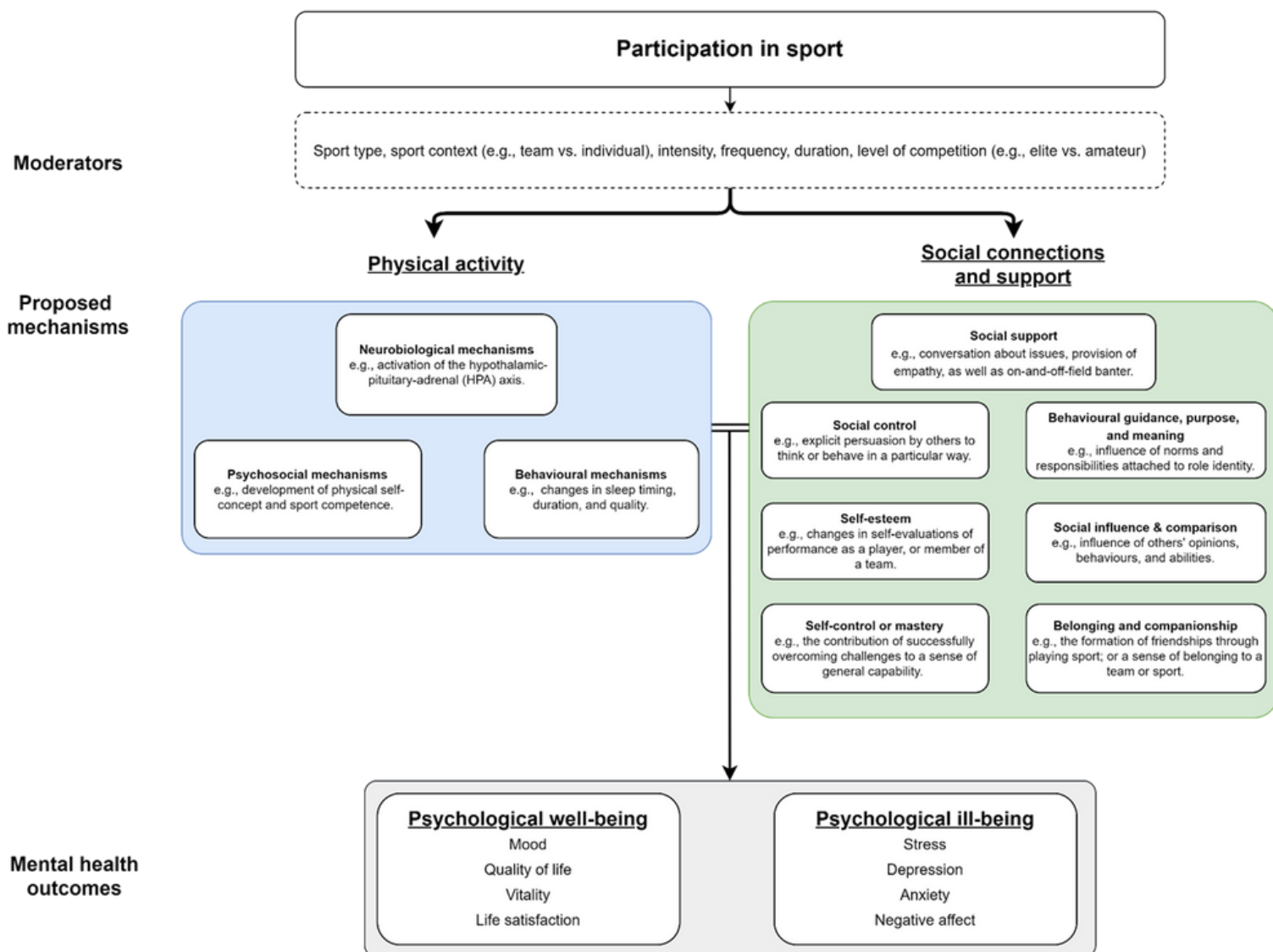
- **Mental health**
- **Psychological wellbeing**
 - Reduced depression
 - Reduced anxiety and stress
- **Social outcomes**
 - Improved self-control
 - Pro-social behaviour
 - Interpersonal communication
 - Sense of belonging

Adults participating in team sport had better health outcomes than those participating in individual sports.

Adults participating in sport more often had greatest benefits

Mental Health through Sport Conceptual Model

The Mental Health through Sport Conceptual Model proposes that the social and physical elements of sport each provide independent, and likely synergistic contributions to its overall influence on mental health.



Contact: Prof Rochelle Eime
r.eime@federation.edu.au
pasiglobal.com

