

Designing a feasible exercise intervention in first-episode psychosis

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Table 1. Baseline characteristics for both exercise and control groups

	<i>Exercise</i>		<i>Control</i>			
	Average	SD	Average	SD	p	Effect size
Age (years)	23.5	3.8	26.1	5.7	0.22	-0.54
Duration of illness (months)	20.6	10.0	18.0	11.7	0.61	0.24
<i>Body composition</i>						
Weight (kg)	82.5	14.7	84.1	16.8	0.82	-0.10
BMI (kg/m²)	25.5	3.7	25.5	4.7	0.98	-0.01
<i>Smoking status</i>						
Tobacco consumption	73.0%		64.0%			NA
Cannabis consumption	50.0%		91.0%			NA
<i>Habitual activity</i>						
Garmin Steps (steps/day)	6508.4	1712.2	4735.4	2051.2	0.05	0.86
Garmin floors (floors climbed/day)	7.3	4.6	5.5	3.8	0.39	0.42
Garmin intensity minutes (min/day)	29.5	68.6	30.5	32.3	0.94	-0.04
Garmin active calories (kcal/day)	861.4	475.4	1041.8	914.6	0.58	-0.24
IPAQ MET mins (min/day)	884.2	711.3	1231.9	1547.9	0.51	-0.29
IPAQ Sitting mins (min/day)	1939.5	931.4	1491.4	1804.1	0.98	0.01
<i>Symptoms and functional measures</i>						
PANSS Positive	16.7	4.8	17.8	5.6	0.63	-0.21
PANSS Negative	19.6	3.6	19.5	6.1	0.97	0.01
PANSS general	40.2	9.3	39.0	10.0	0.85	0.13
WHOQOL Overall (%)	45.4	17.8	48.1	16.7	0.94	-0.27
WHODAS Overall (%)	40.8	24.3	24.6	16.5	0.08	0.74
	n	%	n	%		
<i>Medication status</i>						
Olanzapine	1	29	2	25		
Amisulpride	3	43	0	0		
Risperidone	1	14	2	25		
Paliperidone	2	29	0	0		
Depixol	1	14	1	13		
Quetiapine	1	14	2	25		
Aripiprazole	1	14	0	0		
Cloxipol	0	0	1	13		
Haloperidol	0	0	1	13		
Anti-depressant prescription	1	14	4	50		
Anti-anxiety prescription	1	14	2	25		

Group mean values, standard deviation, P values (unpaired t-test) and effect sizes (Cohen's D) are expressed. BMI: body mass index, RHR: resting heart rate, PANSS: positive and negative symptom scale, IPAQ: international physical activity questionnaire, WHOQOL: World Health Organisation quality of life scale, WHODAS: World Health Organisation disability assessment scale.