

Designing a feasible exercise intervention in first-episode psychosis

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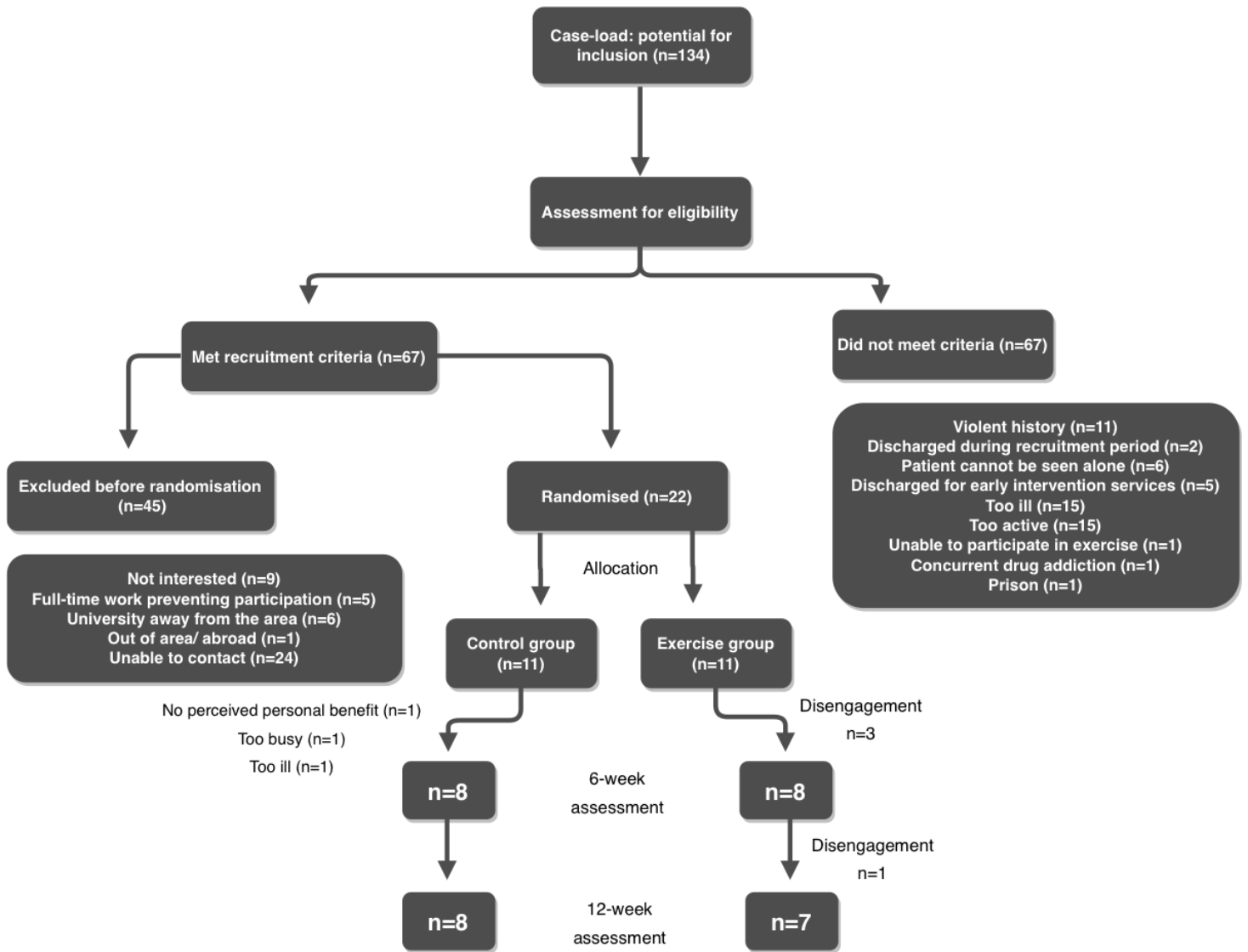


Figure 1. Consort diagram detailing the recruitment and retention process of the study. Of the potential 134 participants identified from the Early Intervention caseload, only 67 met recruitment criteria, and of those, 22 participants were randomised to enter either the control group or the exercise group. 8 participants completed the control arm of the study, and 7 the exercise arm.

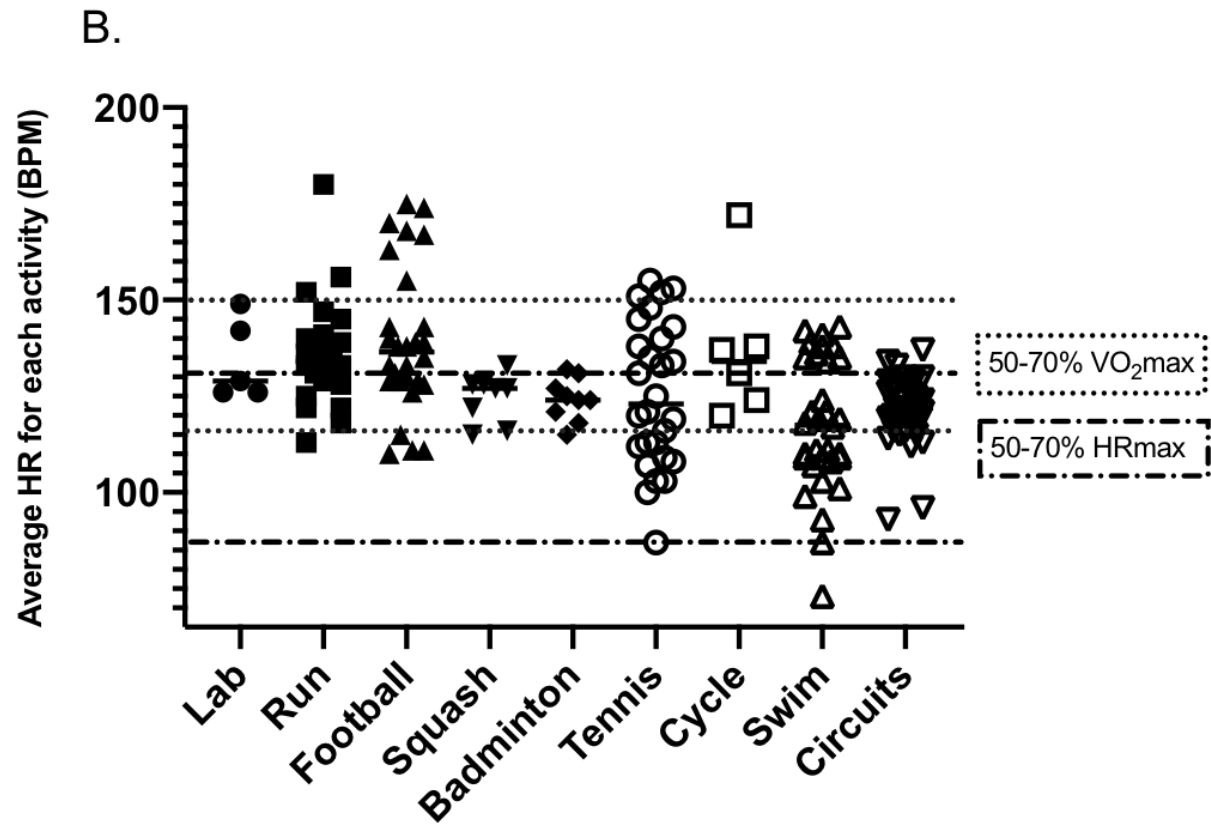
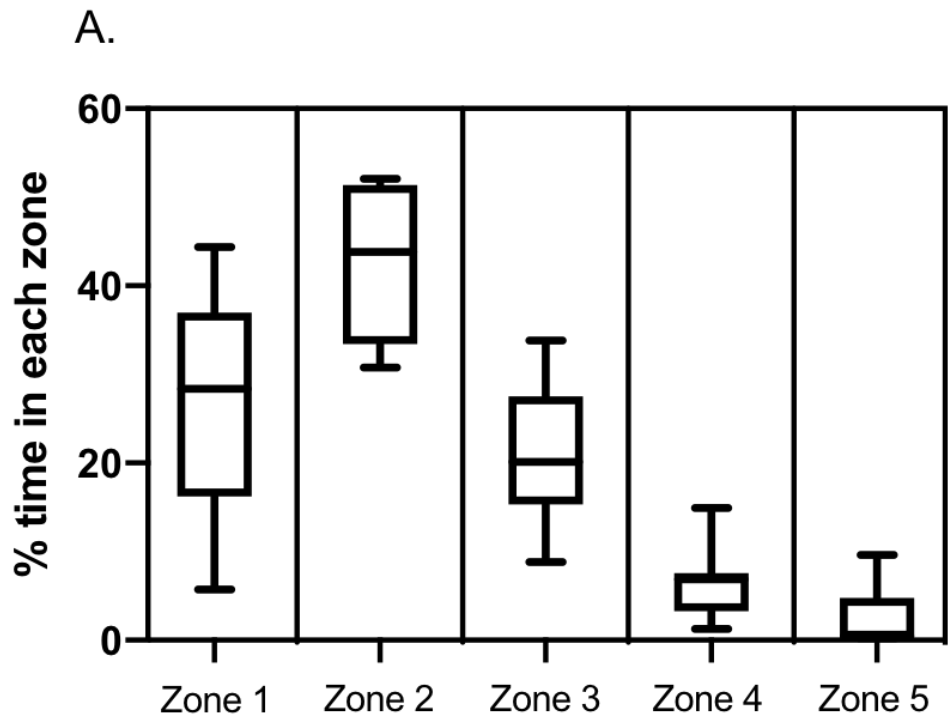


Figure 2. (A) The heart rate zone distribution for each exercise session during the intervention. Median values are expressed, along with median and upper and lower quartiles in the box and whisker plots. (B) The heart rate during each activity type, including bands representing 50-70% HRmax- the most commonly defined 'moderate intensity' and this studies' own target for the intervention of 50-70 VO_2 max.

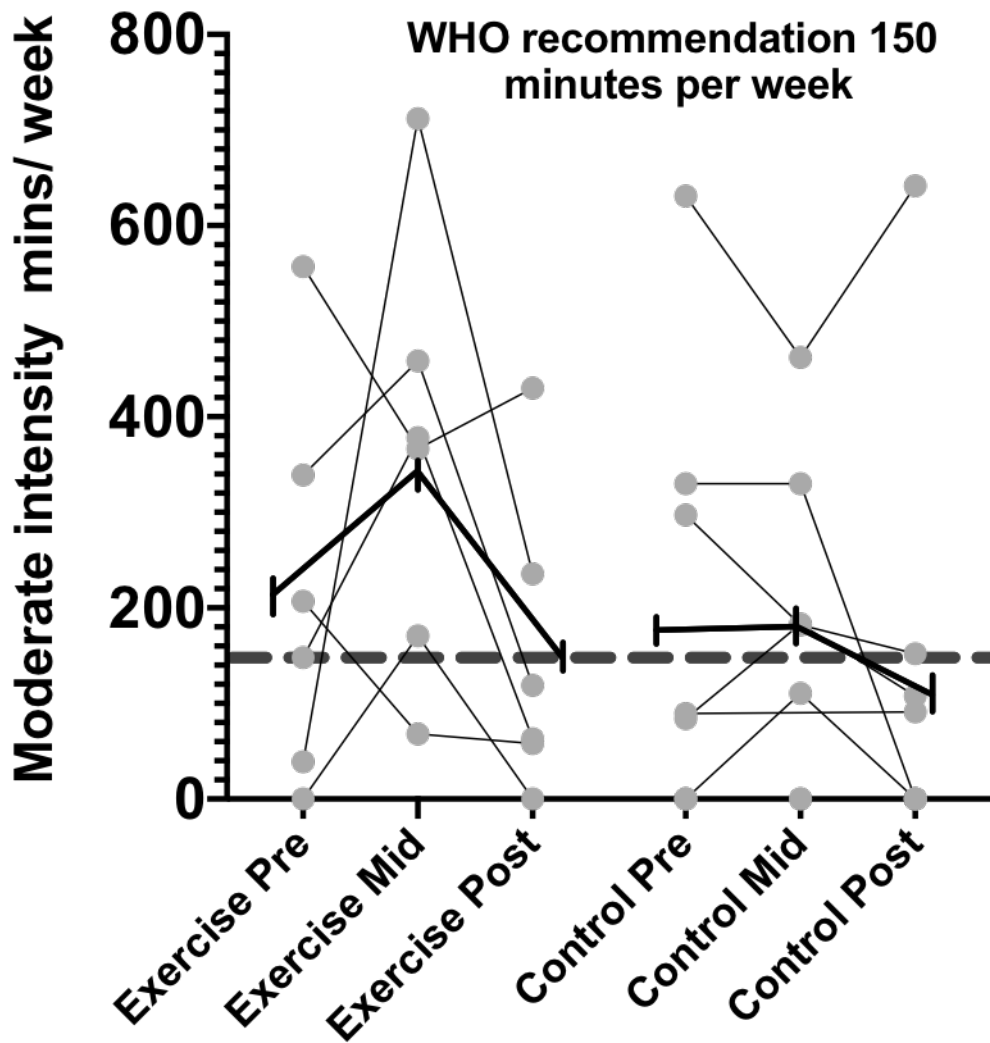
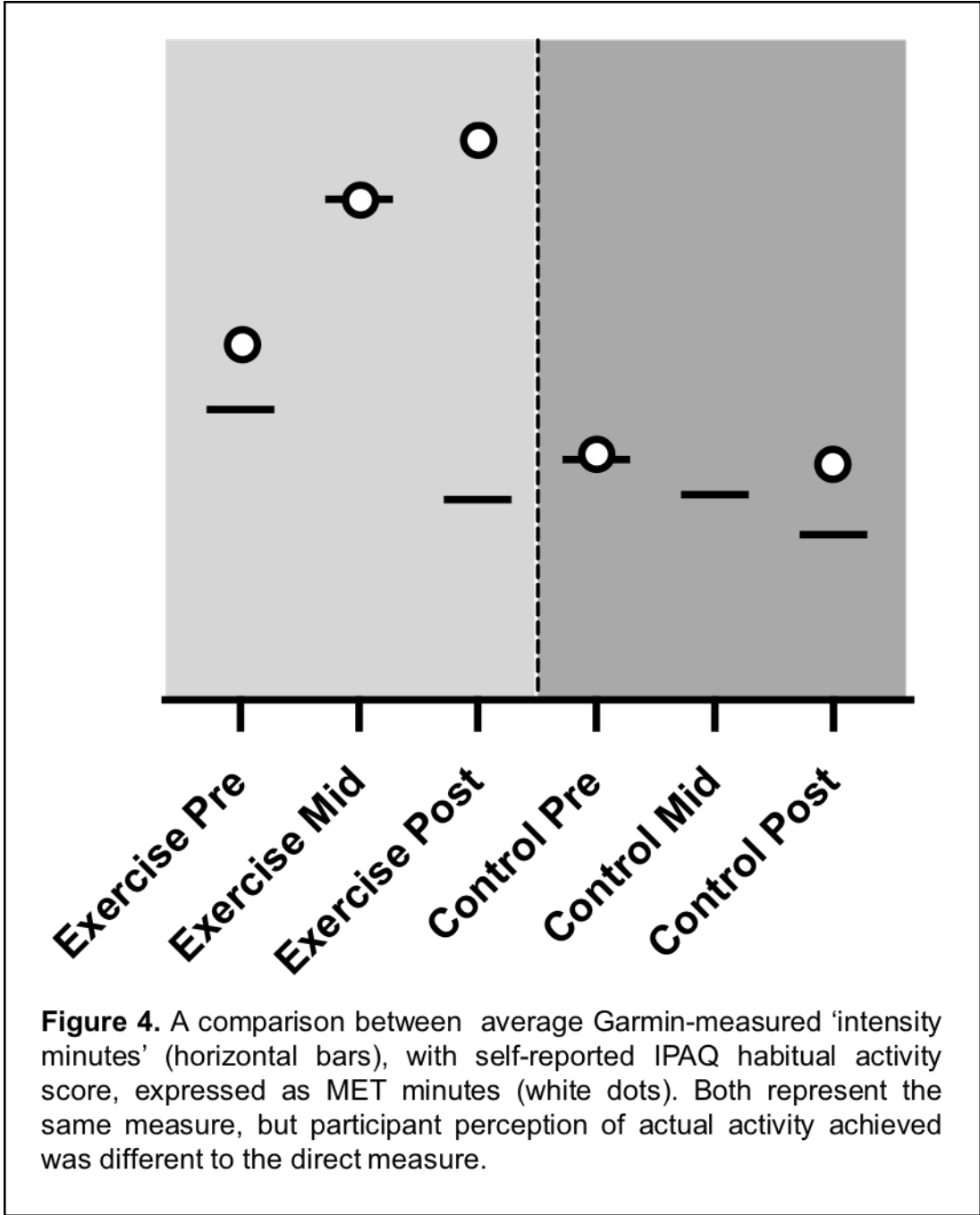


Figure 3. Moderate intensity minutes of exercise achieved at baseline, mid-point and post-intervention, alongside the threshold for WHO (World Health Organisation) recommended 150 minutes per week (grey dashed line). Data is expressed as individual values (grey dots) and mean (black).



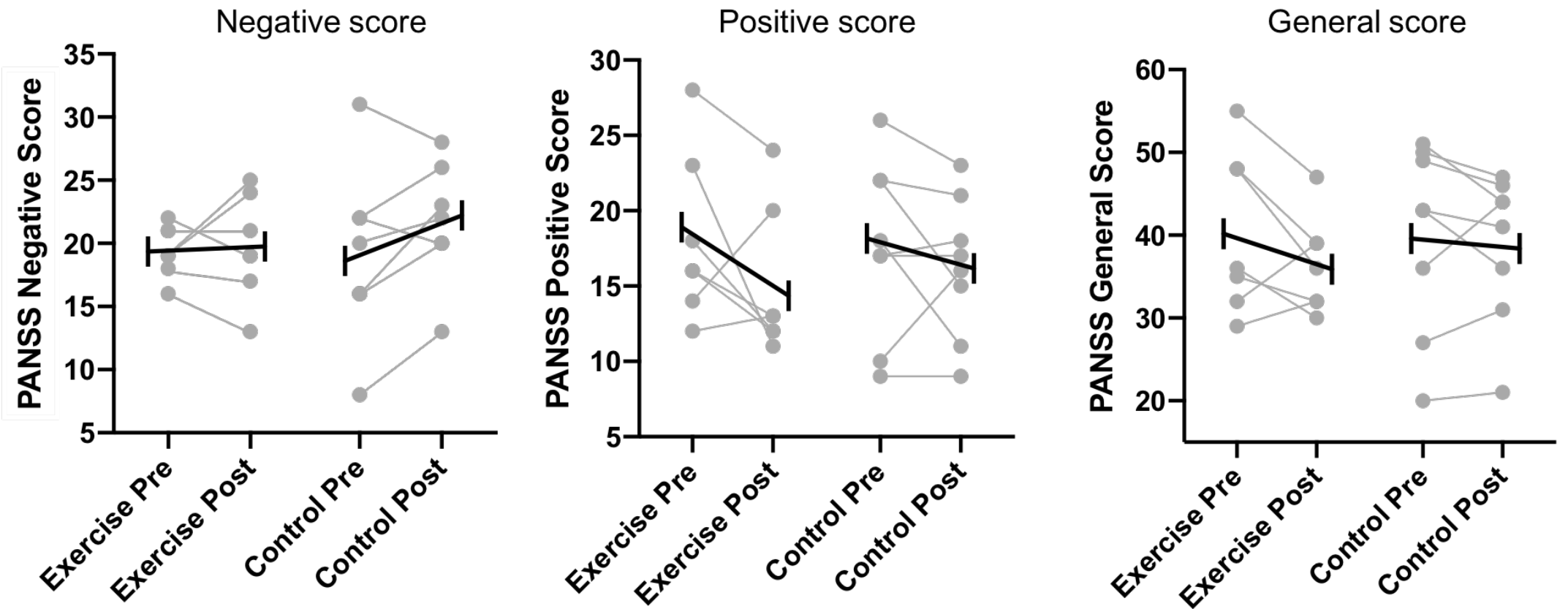


Figure 5. PANSS (Positive and Negative Symptom Score) psychotic symptom interview results at baseline and post intervention for exercise and control arms of the study. Individual results are expressed (grey) versus mean values (black).

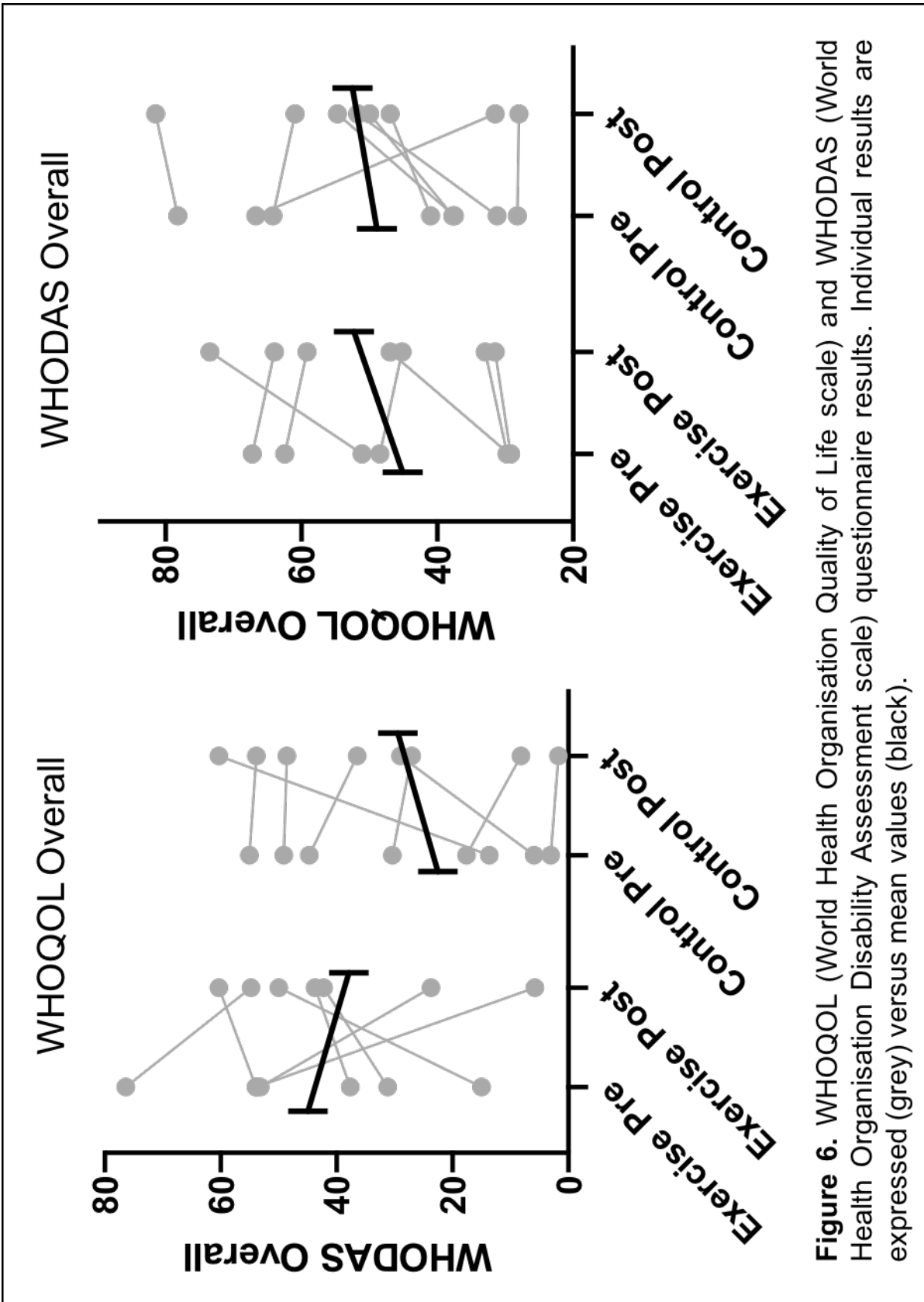


Figure 6. WHOQOL (World Health Organisation Quality of Life scale) and WHODAS (World Health Organisation Disability Assessment scale) questionnaire results. Individual results are expressed (grey) versus mean values (black).