

Motivation and Physical Activity in Psychiatric Patient's Treatment.  
The "Psych Pat Project"

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#### About the project

The increasing number of individuals with mental illness is a phenomenon which represents a current issue in the sphere of health and social sciences. Physical Activity as a Part in Treatment of Psychiatric Patients, the "Psych Pat Project," was designed as an interdisciplinary research in cooperation of Czech and Norwegian research organisations, The University J E Purkyně at Ústí and Labem in the Czech Republic and The Norwegian School of Sport Sciences in Oslo. The research was carried out in several mental hospitals in both countries.

The main goal of the research was to explore the role of physical activity in the state of health of mentally ill individuals in mental hospitals through an intervention consisting of physical activity as health promotion or psychomotor therapy. Further goal was to describe and support motivational strategies to overcome obstacles to active participation in physical activity and to create sufficient facilities and background for the implementation of the movement programmes. The project should contribute to the development of capacities and building of competences in health care personnel and patients.