

**Understanding the experience of initiating community-based group physical activity by people with serious mental illness: a systematic review using a meta-ethnographic approach**

QUIRK, Helen, HOCK, Emma, HARROP, Deborah <<http://orcid.org/0000-0002-6528-4310>>, CRANK, Helen <<http://orcid.org/0000-0001-6086-049X>>, PECKHAM, Emily, TRAVIS-TURNER, Gemma, MACHACZEK, Katarzyna <<http://orcid.org/0000-0001-5308-2407>>, STUBBS, Brendon, HORSPOOL, Michelle, WEICH, Scott and COPELAND, Robert <<http://orcid.org/0000-0002-4147-5876>>

Available from Sheffield Hallam University Research Archive (SHURA) at:

<http://shura.shu.ac.uk/27469/>

---

This document is the author deposited version. You are advised to consult the publisher's version if you wish to cite from it.

**Published version**

QUIRK, Helen, HOCK, Emma, HARROP, Deborah, CRANK, Helen, PECKHAM, Emily, TRAVIS-TURNER, Gemma, MACHACZEK, Katarzyna, STUBBS, Brendon, HORSPOOL, Michelle, WEICH, Scott and COPELAND, Robert (2020). Understanding the experience of initiating community-based group physical activity by people with serious mental illness: a systematic review using a meta-ethnographic approach. *European Psychiatry*, 63 (1).

---

**Copyright and re-use policy**

See <http://shura.shu.ac.uk/information.html>

**Table 1: Study characteristics of included studies**

Reference & country	Study design & data collection	SMI diagnosis & length of diagnosis	Age		Gender			Demographics	Reported comorbidities/ other health conditions
			Target	Mean (range)	Male (n)	Female (n)	NS (n)		
Bizub et al (2003) USA [37]	NR (semi-structured interviews)	Within the schizophrenia spectrum	NR	NR (NR)	3	2	NA	Caucasian (n=4), African American (n=1)	Personality disorders (n=2), substance use disorder (n=1)
Carless (2007) UK [36]	Interpretive ethnographic approach. In-depth interviews and participant observation	Schizophrenia/schizophrenic illness 4-8 years	NR	NR (NR)	4	0	NA	All were unable to live independently or to engage in paid employment.	NR
Carless & Douglas (2004) UK [33]	Case study method: 'formal' semi-structured interviews, a focus group, 'informal'	Severe and enduring mental health problems	NR	NR (NR)	9	0	NA	NR	NR

Reference & country	Study design & data collection	SMI diagnosis & length of diagnosis	Age		Gender			Demographics	Reported comorbidities/ other health conditions
			Target	Mean (range)	Male (n)	Female (n)	NS (n)		
	interviews with clients, and participant observation								
Carless & Douglas (2008a) UK [40]	Narrative stories	No specific diagnosis reported	NR	NR (24-43)	11	0	NA	NR	NR
Carless & Douglas (2008b) Location NR [39]	Participant observation with field notes and semi-structured interviews	No specific diagnosis reported	NR	NR (24-43)	11	0	NR	NR	NR
Carless & Douglas (2012) UK [32]	Narrative study	Serious and enduring mental illness such as schizophrenia or bipolar disorder (individual diagnoses not reported)	NR	NR (NR)	NR	3	NR	NR	NR

Reference & country	Study design & data collection	SMI diagnosis & length of diagnosis	Age		Gender			Demographics	Reported comorbidities/ other health conditions
			Target	Mean (range)	Male (n)	Female (n)	NS (n)		
Carless & Sparkes (2008) UK [13]	Interpretive case study approach	SMI including schizophrenia 8-20 years	NR	NR (NR)	3	NR	NR	NR	NR
Crone (2007) UK [41]	Descriptive qualitative study	No specific diagnosis reported	NR	NR	2	2	NA	NR	NR
Evans (2017) UK [35]	NR	Schizophrenia	NR	NR (NR)	4	1	NA	All clients were dwelling in the community at the time of interview, rather than on secure wards	NR
Faulkner & Sparkes (1999) UK [38]	Ethnographic study	Schizophrenia with a long history (no further details reported)	NR	NR ("middle aged")	2	1	NA	NR	NR
Graham et al (2017)	Qualitative service	Participant Demographics at 6 months:	19+	50 (NR) (6	4 (6 months)	17 (6 months)	NR	Living arrangements (n, % of sample):	NR

Reference & country	Study design & data collection	SMI diagnosis & length of diagnosis	Age		Gender			Demographics	Reported comorbidities/ other health conditions
			Target	Mean (range)	Male (n)	Female (n)	NS (n)		
Canada [31]	evaluation	<p>Schizophrenia spectrum disorders (n=7); Bipolar and related disorders (n=5); Depressive disorders (n=6); Anxiety disorders (n=6); Obsessive-compulsive disorders (n=1); Trauma and stress-related disorders (n=2); Substance and addictive disorders (n=1)</p> <p>Participant Demographics at 12 months</p> <p>Schizophrenia spectrum disorders (n=5); Bipolar and related disorders (n=2); Depressive disorders (n=4);</p>		months)				<p>Rented accommodation (n=20, 60.60%);</p> <p>Own home (n=7, 21.21%);</p> <p>Own trailer (n=3, 9.10%);</p> <p>Live with family members (n=6, 18.18%);</p> <p>Live with caregiver (n=1, 3.03%);</p> <p>Living alone (n=13, 39.39%);</p> <p>Supported/assisted care arrangement (n=3, 9.10%)</p>	

Reference & country	Study design & data collection	SMI diagnosis & length of diagnosis	Age		Gender			Demographics	Reported comorbidities/ other health conditions
			Target	Mean (range)	Male (n)	Female (n)	NS (n)		
		Anxiety disorders (n=5); Obsessive-compulsive disorders (n=1); Trauma and stress-related disorders (n=1); Substance and addictive disorders (n=1)							
Hodgson et al (2011) Location NR [30]	Qualitative evaluation of an intervention delivered by the NHS and local authority	Severe and enduring mental illness under the care of the mental health service for 1-25 years	18-25	Male: 41.4 (NR); Female: 43 (NR)	14	3	0	NR	NR
Hoffman et al (2014) USA [34]	Qualitative evaluation of a locally-delivered intervention	Diagnosis of schizophrenia or schizoaffective disorder as defined in the DSM-IV	18+	NR (NR)	6	8	NA	NR	No diagnosis of cognitive impairment none other reported

Reference & country	Study design & data collection	SMI diagnosis & length of diagnosis	Age		Gender			Demographics	Reported comorbidities/ other health conditions
			Target	Mean (range)	Male (n)	Female (n)	NS (n)		
Irving et al (2003) UK [29]	Qualitative evaluation	Severe and enduring mental health problems (varying degrees of mental health problems).	NR	NR (NR)	NR	NR	NA	NR	NR
Wärdig et al (2013) Sweden [28]	Qualitative exploratory study	Psychosis diagnosis (to include schizophrenia, schizoaffective disorder, bipolar, delusional disorder, unspecified psychosis) for 1-40 years	27-66	46 (27-66)	21	19	NA	NR	Established metabolic syndrome or at risk of developing the metabolic syndrome
Yarborough et al (2016) USA [27]	Mixed-methods randomised control trial (qualitative arm formed part of the process evaluation)	Participants had diagnoses of schizophrenia or schizoaffective disorder (41%), bipolar disorder (20%), affective psychosis (37%) or PTSD (2%)	NR	48 (NR)	36%	64%	48	Ethnic or racial minority (n=18, 21%) (oversampled minority group members at each time point); married or living with partner (n=34, 41%); smoked all of last	A BMI≥27 to be eligible to participate

Reference & country	Study design & data collection	SMI diagnosis & length of diagnosis	Age		Gender			Demographics	Reported comorbidities/ other health conditions
			Target	Mean (range)	Male (n)	Female (n)	NS (n)		
								<p>year (n=20, 24%);</p> <p>Income \$0–\$9,999 (n=25, 31%); \$10,000–\$29,999 (n=28, 35%); \$30,000 or higher (n=27, 34%); high school grad/GED or lower (n=29, 35%); some college/technical (n=37, 44%); college graduate or higher (n=18, 21%); working (n=22, 26%); disabled (n=34, 41%); retired, unemployed, student, homemaker, temporarily laid off, or other (n=28, 33%)</p>	



BMI, body mass index; DSM-IV, 4<sup>th</sup> edition of the Diagnostic and Statistical Manual; NA, not applicable; NHS, National Health Service; NR, not reported; NS, (gender) not specified; PTSD, post-traumatic stress disorder; SMI, serious mental illness; UK, United Kingdom; USA, United States of America