

# Best Evidence Summaries of Topics in Mental Healthcare

**BEST** *in* **MH** *clinical question-answering service*

## Question

“In adult carers of people with dementia, how effective are physical activity groups/classes, compared to any alternative, in improving carer or patient outcomes?”

## Clarification of question using PICO structure

*Patients:* Adults who are caregivers of people with dementia

*Intervention:* Attendance of physical activity groups

*Comparator:* Treatment as usual

*Outcome:* Improved patient outcomes

## **Clinical and research implications**

No relevant, high quality evidence was identified.

### **What does the evidence say?**

*Number of included studies/reviews (number of participants)*

N/A

*Main Findings*

N/A

*Authors Conclusions*

N/A

*Reliability of conclusions/Strength of evidence*

N/A

### **What do guidelines say?**

Neither NICE nor SIGN guidelines comment on the benefits of caregivers attending physical activity groups.

**Date question received:** 13/02/2014

**Date searches conducted:** 17/02/2014

**Date answer completed:** 24/02/2014

## Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<b><i>SRs and Guidelines</i></b>			
NICE	Dementia and carer	208	0
DARE	(exercis*) (physical adj3 activit*) (fitness) (sport) (physical adj2 (intervention* OR therap* OR activit*)) MeSH DESCRIPTOR Exercise EXPLODE ALL TREES MeSH DESCRIPTOR Sports EXPLODE ALL TREES MeSH DESCRIPTOR Physical Fitness EXPLODE ALL TREES (dement*) MeSH DESCRIPTOR Alzheimer Disease EXPLODE ALL TREES MeSH DESCRIPTOR Dementia EXPLODE ALL TREES MeSH DESCRIPTOR Lewy Body Disease EXPLODE ALL TREES (alzheimer*) (carer*) MeSH DESCRIPTOR Caregivers EXPLODE ALL TREES #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 #9 OR #10 OR #11 OR #12 OR #13 #14 OR #15 #16 AND #17 AND #18	23	0
<b><i>Primary studies</i></b>			
CENTRAL	#1 Dementia:ti,ab,kw 4727 #2 Alzheimer*Alzheimer* 5228 #3 MeSH descriptor: [Dementia] explode all trees 3568	23	0

	<p>#4 #1 or #2 or #3#1 or #2 or #3 8268  #5 "physical activity""physical activity" 7178  #6 exercise 43454  #7 MeSH descriptor: [Exercise] explode all trees 12693  #8 #5 or #6 or #7 47661  #9 group or groups or classes 342157  #10 #4 and #8 and #9 = 255  #11Enter terms for searccarer or carers or caregivers or caregiver5686  #12Enter terms for searc#10 and #11 23</p>		
Embase	<ol style="list-style-type: none"> <li>1. EMBASE; *DEMENTIA/; 40027 results.</li> <li>2. EMBASE; dementia.ti,ab; 88194 results.</li> <li>3. EMBASE; alzheimer*.ti,ab; 116149 results.</li> <li>4. EMBASE; 1 OR 2 OR 3; 178521 results.</li> <li>6. EMBASE; "physical activity".ti,ab; 71302 results.</li> <li>7. EMBASE; exercise.ti,ab; 215201 results.</li> <li>8. EMBASE; exp EXERCISE/; 204600 results.</li> <li>9. EMBASE; exp PHYSICAL ACTIVITY/; 225698 results.</li> <li>12. EMBASE; group-activit*.ti,ab; 1184 results.</li> <li>13. EMBASE; group-intervention*.ti,ab; 3089 results.</li> <li>14. EMBASE; group-based.ti,ab: 4442 results.</li> <li>15. EMBASE; 12 OR 13 OR 14; 8641 results.</li> <li>16. EMBASE; 6 OR 7 OR 8 OR 9; 492854 results.</li> <li>17. EMBASE; 15 AND 16; 1074 results.</li> <li>18. EMBASE; group-exercis*.ti,ab; 1117 results.</li> <li>19. EMBASE; group-physical.ti,ab; 286 results.</li> <li>20. EMBASE; exercise-class*.ti,ab; 490 results.</li> <li>21. EMBASE; 18 OR 19 OR 20; 1831 results.</li> <li>22. EMBASE; 17 OR 21; 2846results.</li> <li>23. EMBASE; 4 AND 22; 53 results.</li> </ol>	13	0

	<p>28. EMBASE; carer*.ti,ab; 11419 results.</p> <p>29. EMBASE; caregiver*.ti,ab; 41133 results.</p> <p>30. EMBASE; CAREGIVER/; 38650 results.</p> <p>31. EMBASE; 28 OR 29 OR 30; 62813 results.</p> <p>32. EMBASE; 23 AND 31; 13 results.</p>		
Medline	<p>33. MEDLINE; *DEMENTIA/; 27364 results.</p> <p>34. MEDLINE; dementia.ti,ab; 63620 results.</p> <p>35. MEDLINE; alzheimer*.ti,ab; 87340 results.</p> <p>36. MEDLINE; 33 OR 34 OR 35; 132460 results.</p> <p>37. MEDLINE; "physical activity".ti,ab; 53200 results.</p> <p>38. MEDLINE; exercise.ti,ab; 170618 results.</p> <p>39. MEDLINE; exp EXERCISE/; 114492 results.</p> <p>40. MEDLINE; exp PHYSICAL ACTIVITY/; 188093 results.</p> <p>41. MEDLINE; 37 OR 38 OR 39 OR 40; 325072 results.</p> <p>43. MEDLINE; group-activit*.ti,ab; 934 results.</p> <p>44. MEDLINE; group-intervention*.ti,ab; 1641 results.</p> <p>45. MEDLINE; group-based.ti,ab; 3242 results.</p> <p>46. MEDLINE; 43 OR 44 OR 45; 5771 results.</p> <p>47. MEDLINE; 41 AND 46; 596 results.</p> <p>48. MEDLINE; group-exercis*.ti,ab; 791 results.</p> <p>49. MEDLINE; group-physical.ti,ab; 214 results.</p> <p>50. MEDLINE; exercise-class*.ti,ab; 311 results.</p> <p>51. MEDLINE; 47 OR 50; 899 results.</p> <p>52. MEDLINE; 36 AND 51; 12 results.</p> <p>53. MEDLINE; carer*.ti,ab; 7693 results.</p> <p>54. MEDLINE; caregiver*.ti,ab; 30281 results.</p> <p>55. MEDLINE; CAREGIVER/; 20459 results.</p> <p>56. MEDLINE; 53 OR 54 OR 55; 44297 results.</p> <p>57. MEDLINE; 52 AND 56; 4 results.</p>	4	0
PsycINFO	<p>58. PsycINFO; *DEMENTIA/; 20146 results.</p> <p>59. PsycINFO; dementia.ti,ab; 41445 results.</p>	3	0

	<p>60. PsycINFO; alzheimer*.ti,ab; 38456 results.</p> <p>61. PsycINFO; 58 OR 59 OR 60; 64227 results.</p> <p>62. PsycINFO; "physical activity".ti,ab; 16727 results.</p> <p>63. PsycINFO; exercise.ti,ab; 31639 results.</p> <p>64. PsycINFO; exp EXERCISE/; 16200 results.</p> <p>65. PsycINFO; exp PHYSICAL ACTIVITY/; 22805 results.</p> <p>66. PsycINFO; 62 OR 63 OR 64 OR 65; 47772 results.</p> <p>67. PsycINFO; group-activit*.ti,ab; 1687 results.</p> <p>68. PsycINFO; group-intervention*.ti,ab; 2704 results.</p> <p>69. PsycINFO; group-based.ti,ab; 2423 results.</p> <p>70. PsycINFO; 67 OR 68 OR 69; 6736 results.</p> <p>71. PsycINFO; 66 AND 70; 316 results.</p> <p>72. PsycINFO; group-exercis*.ti,ab; 364 results.</p> <p>73. PsycINFO; group-physical.ti,ab; 90 results.</p> <p>74. PsycINFO; exercise-class*.ti,ab; 197 results.</p> <p>75. PsycINFO; 72 OR 73 OR 74; 628 results.</p> <p>76. PsycINFO; 71 OR 75; 922 results.</p> <p>77. PsycINFO; 61 AND 76; 18 results.</p> <p>78. PsycINFO; carer*.ti,ab; 6106 results.</p> <p>79. PsycINFO; caregiver*.ti,ab; 28193 results.</p> <p>80. PsycINFO; CAREGIVERS/ OR CAREGIVER BURDEN/; 19823 results.</p> <p>81. PsycINFO; 78 OR 79 OR 80; 37659 results.</p> <p>82. PsycINFO; 77 AND 81; 3 results.</p>		
<b>Summary</b>	<b>NA</b>	<b>NA</b>	

## **Disclaimer**

BEST in MH answers to clinical questions are for information purposes only. BEST in MH does not make recommendations. Individual health care providers are responsible for assessing the applicability of BEST in MH answers to their clinical practice. BEST in MH is not responsible or liable for, directly or indirectly, any form of damage resulting from the use/misuse of information contained in or implied by these documents. Links to other sites are provided for information purposes only. BEST in MH cannot accept responsibility for the content of linked sites.