

Best Evidence Summaries of Topics in Mental Healthcare

BEST in MH *clinical question-answering service*

Question

“In adults with any mental illness, how effective is outdoor rock climbing, compared to any other intervention, for improving patient outcomes?”

Clarification of question using PICO structure

Patients: Adults with any mental illness
Intervention: Outdoor rock climbing
Comparator: Any other intervention
Outcome: Improved patient outcomes

Clinical and research implications

No high-quality relevant evidence was found.

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 upon the effectiveness of rock climbing for improving patient outcomes for adults with any mental illness.

Date question received: 17/07/2014

Date searches conducted: 19/08/2014

Date answer completed: 19/08/2014

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	Rock climbing	0	0
DARE	((extreme* OR outdoor) adj4 (sport* OR pursuit* Or activit*)) IN DARE 5 Delete 2 MeSH DESCRIPTOR Sports EXPLODE ALL TREES 460 Delete 3 (Depress* OR bipolar OR manic OR mania OR (mood adj3 disorder*) OR (affective adj3 disorder*)) IN DARE 2152 Delete 4 ((Anxiety* OR anxious OR Phobi* OR obsess* OR compuls* OR OCD)) IN DARE 1242 Delete 5 ((Eat* adj3 disorder*) OR Anorexi* OR Bulimi* OR (bing* adj2 eat*)) IN DARE 192 Delete 6 ((drug* or substance) adj3 (addict* or misuse* or depend* or addict*)) IN DARE 123 Delete 7 (Personality adj3 disorder*) IN DARE 86 Delete 8 ((antisocial OR borderline OR compulsive OR dependent OR histrionic OR hysteria OR multiple OR paranoid OR passive-aggressive OR schizoid OR schizotypal OR asocial* OR antisocial*OR dissocial* OR psychopath* OR sadist* OR sociopath*) adj3 person*) IN DARE 69 Delete 9 (schizo* OR psycho*) IN DARE 4383 Delete 10 (Mental adj3 (health OR illness* OR condition*)) IN DARE 843 Delete 11 (Psychiatr*) IN DARE 1368 Delete 12 MeSH DESCRIPTOR Affective Disorders, Psychotic EXPLODE ALL TREES 165 Delete 13 MeSH DESCRIPTOR Bipolar Disorder EXPLODE ALL TREES 162 Delete 14 MeSH DESCRIPTOR Depression EXPLODE ALL TREES 517 Delete 15 MeSH DESCRIPTOR Depressive Disorder EXPLODE ALL TREES 932 Delete 16 MeSH DESCRIPTOR Depressive Disorder, Major EXPLODE ALL TREES 295 Delete 17 MeSH DESCRIPTOR Anxiety EXPLODE ALL TREES 240 Delete 18 MeSH DESCRIPTOR Anxiety Disorders EXPLODE ALL TREES 425 Delete 19 MeSH DESCRIPTOR Obsessive-Compulsive Disorder EXPLODE ALL TREES 46 Delete	213	0

	20 MeSH DESCRIPTOR Psychotic Disorders EXPLODE ALL TREES 148 Delete 21 MeSH DESCRIPTOR Schizophrenia EXPLODE ALL TREES 488 Delete 22 MeSH DESCRIPTOR Borderline Personality Disorder EXPLODE ALL TREES 27 Delete 23 MeSH DESCRIPTOR Personality Disorders EXPLODE ALL TREES 63 Delete 24 MeSH DESCRIPTOR Mental Disorders EXPLODE ALL TREES 4669 Delete 25 (rock* OR mountain* OR climb*) IN DARE 536 Delete 26 #1 OR #2 OR #25 991 Delete 27 #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 8527 Delete 28 #26 AND #27		
Primary studies			
CENTRAL	#1 rock-climbingrock-climbing 14 #2 mountain-climbingmountain-climbing 4 #3 cliff-climbingcliff-climbing 0 #4 boulderingbouldering 0 #5 climbing outdoor*climbing outdoor* 25 #6 climbing and adventureclimbing and adventure 2 #7 climbing and wallclimbing and wall 42 #8 climbing and recreat*climbing and recreat* 32 #9 climbing and sport*climbing and sport* 144 #10 adventur* and climbingadventur* and climbing 2 #11 {or #1-#10}{or #1-#10} 187 #12 mental or psychiatr*mental or psychiatr* 55544 #13 MeSH descriptor: [Mental Disorders] explode all trees 43508 #14Enter terms for searcpsychosis or psychotic or schizo*12987 #15Enter terms for searc#12 or #13 or #1478327 #16Enter terms for searc#11 and #15 59 (4 in central)	4	0
PsycINFO	1. PsycINFO; (Mental OR psychiatric).ti,ab; 392823 results. 2. PsycINFO; exp MENTAL DISORDERS/; 444318 results. 3. PsycINFO; (psychosis OR psychotic OR schizophreni*).ti,ab; 128337 results.	39	0

	<p>4. PsycINFO; 1 OR 2 OR 3; 719827 results.</p> <p>5. PsycINFO; rock-climbing.ti,ab; 81 results.</p> <p>6. PsycINFO; mountain-climbing.ti,ab; 63 results.</p> <p>7. PsycINFO; (climbing AND outdoor*).ti,ab; 41 results.</p> <p>8. PsycINFO; (climbing AND adventure).ti,ab; 32 results.</p> <p>10. PsycINFO; (climbing AND recreat*).ti,ab; 19 results.</p> <p>11. PsycINFO; (climbing AND sport*).ti,ab; 78 results.</p> <p>12. PsycINFO; climbing-wall*.ti,ab; 18 results.</p> <p>13. PsycINFO; bouldering.ti,ab; 4 results.</p> <p>14. PsycINFO; cliff-climbing.ti,ab; 0 results.</p> <p>15. PsycINFO; adventure-therapy.ti,ab; 65 results.</p> <p>16. PsycINFO; 5 OR 6 OR 7 OR 8 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15; 300 results.</p> <p>17. PsycINFO; 4 AND 16; 39 results.</p>		
Embase	<p>18. EMBASE; exp MENTAL DISEASE/; 1502609 results.</p> <p>19. EMBASE; (Mental OR psychiatric).ti,ab; 397787 results.</p> <p>20. EMBASE; (psychosis OR psychotic OR schizophreni*).ti,ab; 147166 results.</p> <p>21. EMBASE; 18 OR 19 OR 20; 1648418 results.</p> <p>22. EMBASE; rock-climbing.ti,ab; 193 results.</p> <p>23. EMBASE; mountain-climbing.ti,ab; 109 results.</p> <p>24. EMBASE; (climbing AND outdoor*).ti,ab; 82 results.</p> <p>25. EMBASE; (climbing AND adventure).ti,ab; 12 results.</p> <p>26. EMBASE; (climbing AND recreat*).ti,ab; 100 results.</p> <p>27. EMBASE; (climbing AND sport*).ti,ab; 365 results.</p> <p>28. EMBASE; climbing-wall*.ti,ab; 33 results.</p> <p>29. EMBASE; bouldering.ti,ab; 17 results.</p> <p>30. EMBASE; cliff-climbing.ti,ab; 2 results.</p> <p>31. EMBASE; adventure-therapy.ti,ab; 16 results.</p> <p>32. EMBASE; ROCK CLIMBING/; 95 results.</p> <p>33. EMBASE; 22 OR 23 OR 24 OR 25 OR 26 OR 27 OR 28 OR 29 OR 30 OR 31 OR 32; 727 results.</p>	48	0

	34. EMBASE; 21 AND 33; 48 results.		
CINAHL	35. CINAHL; exp MENTAL DISORDERS/; 246861 results. 36. CINAHL; (Mental OR psychiatric).ti,ab; 80821 results. 37. CINAHL; (psychosis OR psychotic OR schizophre*).ti,ab; 11503 results. 38. CINAHL; 35 OR 36 OR 37; 289769 results. 39. CINAHL; rock-climbing.ti,ab; 83 results. 40. CINAHL; mountain-climbing.ti,ab; 13 results. 41. CINAHL; (climbing AND outdoor*).ti,ab; 23 results. 42. CINAHL; (climbing AND adventure).ti,ab; 8 results. 43. CINAHL; (climbing AND recreat*).ti,ab; 34 results. 44. CINAHL; (climbing AND sport*).ti,ab; 90 results. 45. CINAHL; climbing-wall*.ti,ab; 10 results. 46. CINAHL; bouldering.ti,ab; 4 results. 47. CINAHL; cliff-climbing.ti,ab; 0 results. 48. CINAHL; adventure-therapy.ti,ab; 17 results. 49. CINAHL; ROCK CLIMBING/; 144 results. 50. CINAHL; 39 OR 40 OR 41 OR 42 OR 43 OR 44 OR 45 OR 46 OR 47 OR 48 OR 49; 263 results. 51. CINAHL; 38 AND 50; 20 results.	20	0
Summary	NA	NA	

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