
Sports Training in Psychosis: Cognitive Barriers and Therapeutic Benefits

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Résumé

Physical activity has been recognized for several years as a non-pharmacological therapeutic approach. It is now an essential component in the management of numerous chronic somatic conditions.

In mental health, its benefits are twofold: on one hand, it improves psychiatric symptoms and cognitive disorders; on the other hand, it helps prevent cardiometabolic complications often caused by the side effects of psychotropic treatments and unhealthy lifestyles (unbalanced diet, sedentary behavior).

However, patient adherence remains low, particularly among individuals with schizophrenia. Our research, supported by the literature, suggests that beyond motivational factors, disturbances in the perception of bodily self (such as agentivity and perception of bodily boundaries), as well as difficulties distinguishing self-generated movements from those originating in the environment, may also contribute to this lack of engagement.

Indeed, the simple act of walking generates self-related visual movements that must be differentiated from those originating in the environment. This distinction becomes even more challenging as some previously hidden objects may appear as a result of the individual's movement.

Initially, we will assess patients' ability to differentiate self-related movements from those of surrounding objects. Subsequently, we will examine whether walking training in various types of environments can mitigate the observed difficulties. The ultimate goal is to develop tailored training programs that can promote adherence to physical activity.

Finally, we will verify whether walking training in different environmental contexts can help compensate for patients' challenges in distinguishing self-related movements from those of environmental objects. This will enable us to propose well-adapted training programs.

Mots-Clés: Psychosis, exercise, barriers, bodily self

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