

The impact of physical activity on the mental wellbeing of bereaved older people (carers and non- carers)



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Research Project

Aim:

- To improve the understanding of the relationship between mental health and wellbeing, bereavement, coping and physical activity.

Systematic literature review:

- To explore existing research on the impact of physical activity on the bereavement process and mental health of older people.

Study 1:

- To examine the relationship between physical activity, bereavement and mental health among older people using secondary data from the English Longitudinal Study of Ageing (ELSA).

Study 2:

- To understand the role of physical activity as a potential coping process in bereavement and to gain insight into the participants' relationship with physical activity in the context of their lived experiences.

The NIHR ARC NWC and Theme priorities

- Health and Care Across the Life Course
- Focus of the research: older adults, frailty, bereavement, health inequalities
- Life-course approach
- Implications for the support of older adults with bereavement

How the research has been, and continues to be, informed by the HIAT

- Focus on improving health and social care with determining the potential impact of physical activity on the negative consequences of bereavement.
- Defining health inequalities related to the research topic.
- Understand differential health outcomes (differences between carers and non-carers).

Engagement with the Public Adviser Forum

- Public Advisers were recruited.
- Advise on the main study
- Participant recruitment
- Development of the interviews

Since the Last Showcase

- Poster presentation at the BSG Conference
- Literature review and Study 1 completed
- Participant recruitment