

INPLASY PROTOCOL

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**Review Stage at time of this
submission:** Preliminary searches.

Conflicts of interest: None.

Effectiveness of exercise training on Mental Health, Physical Activity Level and Social Participation in People Living with HIV/AIDS

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Review question / Objective: What are the effects of exercise training on Mental health, physical activity level and Social Participation in People Living with HIV/AIDS.

Condition being studied: Human immunodeficiency virus (HIV)/ Acquired Immune Deficiency Syndrome is a Viral Disease that kills the body immune system making the person vulnerable to various infections diseases. Mental health is a broad term that covers various disorders that affect the cognition, psychology, mood and other factors of Reasoning. Physical Activity Level measures the physical ability of an individual to carry out physical activity. Social Participation considers the how an individual engage in social activities.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 09 April 2020 and was last updated on 09 April 2020 (registration number INPLASY202040048).

INTRODUCTION

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Disease that kills the body immune system making the person vulnerable to various infections diseases. Mental health is a broad term that covers various disorders that affect the cognition, psychology, mood and other factors of Reasoning. Physical Activity Level measures the physical ability of an individual to carry out physical activity. Social Participation considers the how an individual engage in social activities.

Rationale: To synthesize scientific evidence on the effect of exercise training on Mental health, physical activity level and Social Participation in People Living with HIV/AIDS and to reduce Poly Pharmacy on HIV/AIDS patients.

METHODS

Search strategy: (HIV patients OR HIV/AIDS patients OR HIV positive patients OR people living with HIV/AIDS OR people living with HIV OR HIV infections OR acquired immune deficiency syndrome OR HIV/AIDS OR HIV OR AIDS OR HIV seropositive patients OR PLWH OR PLWHA OR HIV-1 NOT HIV-2) AND (exercise intervention OR physical exercise OR exercise training OR aerobic exercise OR progressive resistance exercise OR strength training exercise OR resistance exercise OR exercise OR home based exercise OR supervised exercise) AND (mental health OR mental hygiene OR mental disorder OR social stigma OR social values OR psychology OR psychological status OR behaviour disorder OR psychosocial OR physical activity level OR accelerometry OR actigraph OR motor activity OR physical fitness OR activities of daily living OR ADL OR sedentary behaviour OR social participation OR social determinants of health OR social behaviour OR social activities OR social isolation OR leisure activities) Sort by: Best Match Filters: Clinical Trial.

Participant or population: People Living with HIV/AIDS who are 18 years old and above and do not have disease or disorders that can hinder their participation in physical exercise.

Intervention: Exercise training either Aerobic, Resistance training or both.

Comparator: Non exercising group/ Sedentary lifestyle.

Study designs to be included: Randomized Control Trials Only.

Eligibility criteria: Articles published in English Language, HIV/AIDS population,

who received exercise training intervention, that measured mental health or physical activity level or social participation or all.

Information sources: PubMed, AMED, Cochrane Library, Medline, psychINFO, EMcare, EMBase.

Main outcome(s): Not available, review is still at Screening Stage.

Quality assessment / Risk of bias analysis: PEDro Scale will be Used to assess risk of Bias.

Strategy of data synthesis: Data extraction Tables will be used to Extract data and a Meta-analysis will be performed if there is homogeneity in the included Studies.

Language: Only Articles published in English Language will be included.

Keywords: Exercise, Mental health, Physical activity level and Social Participation, HIV/AIDS.

Contributions of each author:

Author 1 - Was called upon when there was non agreement between second and third author during Screening and he will draft the Manuscript.

Author 2 - Second author who searched and screened articles together with the third author.

Author 3 - Searched and Screened articles with the second author.