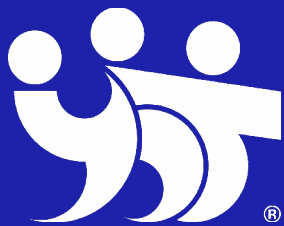


May 2023



**YOUTH
SPORT
TRUST**

Key facts about...

mental health benefits of sport and physical activity



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

Physical activity can be as effective in reducing depressive symptoms compared with medication alone (Recchia et al., 2023).

Click [here](#) for the full report.

Children playing organised group sports have fewer mental health difficulties than those not participating in organised group sports (Hoffmann et al., 2022).

Click [here](#) for the full report.

Participating in more physical activity and spending less time sedentary improved mental health in adolescents, including symptoms of depression (Kracht, Pochana and Staiano, 2023).

Click [here](#) for the full report.

Physical activity, and specifically outdoor play, were favourably associated with sleep outcomes in toddlers and pre-schoolers (Janssen et al., 2020).

Click [here](#) for the full report.

There's a positive relationship between levels of sport and physical activity and levels of loneliness, whereby 10% of active children and young people are always lonely compared with 12% of fairly active or inactive (Sport England, 2022).

Click [here](#) for the full report.

Greater physical activity is associated with reduced depressive symptoms, behavioural and emotional difficulties in adolescence (Booth et al., 2023).

Click [here](#) for the full report.

56% of girls and young women (aged 7 to 21) think that playing team sports can help build girls' confidence (Girlguiding, 2022).

Click [here](#) for the full report.

Physical activity can improve working memory in adolescents with higher fitness, compared with those with lower fitness (Gilbert et al., 2023).

Click [here](#) for the full report.

Three quarters of parents of children 18 or under think that sport and play helps mental wellbeing (74%) (Youth Sport Trust, 2022).

Click [here](#) for the full report.

Children who report more positive attitudes towards physical activity are happier than those who do not report as many positive attitudes towards physical activity (Sport England, 2022).

Click [here](#) for the full report.