

6.0. Mental Health

Population: Adults (aged 18-64 years)
Exposure: Duration, frequency and/or intensity of OPA, or a compositional score reflecting total volume of OPA.
Comparison: No OPA, or a lesser duration, frequency and/or intensity, no or a smaller compositional score of total volume of OPA.
Outcome: Osteoarthritis

Certainty assessment							Summary of findings	Certainty	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations			

Domain-Specific Physical Activity and Mental Health: A Meta-analysis (White, 2017) (134)

13 ^a	12 cross sectional 1 cohort ^b	Serious ^c	Serious ^d	Not serious	Serious ^e	none	<p>OPA: work-related PA had a weak positive relationship with mental ill-health among adults (r=0.10, 95% CI: 0.04-0.16) Work-related PA had a weak positive relationship with mental health among adults (r=0.02, 95% CI: -0.09-0.12)</p> <p>LTPA: LTPA had a negative relationship with mental ill-health (r=-0.11, 95% CI: -0.16- -0.06) LTPA had a positive relationship with mental health (r=0.13, 95% CI: 0.08-0.18)</p>	Very low ^e	Critically
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a: Bogaert 2014, Cerin 2009, Im 2014, Jurakic 2010; Kull 2012; Lin 2008; McKercher 2013; Mutric 2007; Pedisic 2015; Purakom 2013; Teychenne 2008; Teychenne 2010; Humpreys 2013.

b: 9 studies investigated the relation between Work-PA and Mental-ill Health, 5 studies were investigated on the relation between Work related-PA and Mental Health.

c: Self-determined motivation may also explain some of adolescents / Mostly, 98% of the included studies were observational, the majority of which were cross-sectional. As cross-sectional studies cannot infer causality, the study designs of the included studies are a limitation

d: Although work-related PA was positively associated with mental health there was a significant high heterogeneity

e: Certainty downgraded from high to very low because of serious risk of bias and serious inconsistency and serious imprecision.