

Exercise & Attention in People with Anxiety

HOW SUSTAINED ATTENTION CAN BE IMPROVED IN
PATIENTS WITH GENERALIZED ANXIETY DISORDER (GAD)



20,000,000

people in America are
diagnosed with an
Anxiety Disorder (6.5%)

SYMPTOMS OF GAD:

- Racing thoughts
- Excessive worry
- Preoccupation on fears
- Difficulty thinking clearly

GAD MAY LEAD TO:

- Lack of productivity
- Physiological problems
- Other psychological problems



EXERCISE CAN HELP:

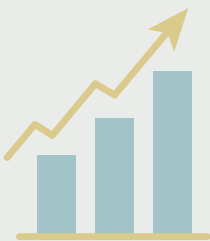
- Decrease tension
- Stabilize mood
- Decrease intensity of Anxiety
- Improve self-esteem



RESEARCH OBJECTIVE:

To determine the effects of an acute
aerobic exercise session on sustained
attention and neural activation in people
with GAD.

HYPOTHESIS OF TRENDS IN ATTENTIONAL PERFORMANCE



WITH EXERCISE



WITHOUT EXERCISE

PARTICIPANTS

- 30 adults
- Aged 18–39
- Must have a GAD diagnosis



METHODS

- 30 minutes on a stationary bike
- Questionnaires
- EEG

LONG TERM GOAL

OF THIS STUDY

To develop exercise-based prescriptions for patients
with GAD who struggle with sustained attention