

Mental Health as a Public Health Issue: Impact of Exercise, Nutrition, and Sleep on Mental Health

This list of books focuses on the multi-faceted connections between mental health and physical activity, nutrition, and sleep. *This list is offered as a supplemental resource to the video located at z.umn.edu/cmhpbh.*

Exercise and Mental Health

Citation: Biddle, S. J. H., Fox, K., & Boutcher, S. (Eds.). (2000). *Physical activity and psychological well-being*. New York: Routledge.

Summary: This book is focused on the interaction between physical activity and mental health. Included topics are anxiety and stress, depression, mood and emotion, self-perceptions and self-esteem, cognitive functioning and ageing, and psychological dysfunction. The book is designed for students and professionals in a range of fields (e.g., psychologists, sports and health sciences).

Citation: Budde, H., & Wegner, M. (Eds.). (2017). *Exercise and mental health: Neurobiological mechanisms*. Boca Raton, FL: CRC Press.

Summary: This textbook reviews meta-analytic studies relating to the relationship between exercise, sport, and mental health. It reviews neurobiological mechanisms that promote mental health. It also touches on how overdoing physical activity can lead to sports addiction which has a detrimental impact on mental health.

Citation: Carless, D., & Douglas, K. (2010). *Sport and physical activity for mental health*. Oxford: Blackwell Publishing Ltd.

Summary: This book is geared toward working professionals (e.g., nurses, social workers, sports coaches). It seeks to provide practical information combining a variety of client narratives, theory, and research. Suggestions are provided for ways the sports and physical activity can be used to promote provide benefits to people's mental health.

Citation: Clow, A., & Edmunds, S. (Eds.). (2013). *Physical activity and mental health*. Champaign, IL: Human Kinetics.

Summary: This book looks at existing research to present about the connections between physical activity and mental health. It was written for a broad audience inclusive of



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researchers, students, and practitioners (e.g., fitness, healthcare). Connections are made between physical activity and mental disorders such as schizophrenia, Alzheimer's, depression, and addiction.

Citation: Ekkekakis, P. (Ed.). (2015). *Routledge handbook of physical activity and mental health*. New York: Routledge.

Summary: This book draws from an international research base to examine the impacts of physical activity on different aspects of mental health. Thematic areas addressed include the following: physical activity and the 'feel good' effect; anxiety disorders; depression and mood disorders; self-perceptions and self-evaluations; cognitive function across the lifespan; psychosocial stress; pain; energy and fatigue; addictions; and quality of life in special populations.

Citation: Faulkner, G. E. J., Taylow, A. H., & Biddle, S. J. H. (2005). *Exercise, health and mental health: Emerging relationships*. New York: Routledge.

Summary: This book was written by researchers in the health, exercise, and medical fields. It reviews scientific evidence for exercise's role in addressing mental health problems (schizophrenia, substance dependence, dementia), dealing with chronic medical conditions (heart disease, cancer, HIV/AIDS), and enhancing well-being more broadly.

Citation: Haugen, T. (2015). *One size does not fit all: Physical activity and mental health in adolescents*. Norway: Portal Academic.

Summary: This book looks at the role of the self as a possible mechanism for change in the interaction between participation in physical activity and adolescents' mental well-being. In this discussion the author accounts for both personal and contextual factors. It is intended to push the professional discussion forward to understanding for whom and why mental health and physical activity are related and the conditions under which these mechanisms best operate.

Citation: Hibbert, C. (2016). *8 keys to mental health through exercise*. New York: W. W. Norton & Company.

Summary: This book addresses the connection between well-being and exercise. Step-by-step approaches to overcoming obstacles, sticking to goals, and maintaining a healthy routine are also presented. The '8 keys' addressed include such things as exercising as a family, increasing exercise-related self-esteem, and getting motivated.

Citation: Lam, L. C. W., & Riba, M. (2016). *Physical exercise interventions for mental health*. Cambridge: Cambridge University Press.

Summary: This book talks about both theory and practice of using exercise interventions to address mental disorders. Mental disorders such as anxiety, depression, and late life neurocognitive disorders. This book is targeted to professionals such as social workers, psychologists, nurses, psychiatrists, and pediatricians.

Citation: Lawrence, D., & Bolitho, S. (2011). *The complete guide to physical activity and mental health*. London: Bloomsbury

Summary: This book is designed as a guide for fitness instructors. It focuses on common mental health problems (e.g., anxiety, depression, eating disorders) with information to help practitioners to better understand the symptoms and causes of the conditions and strategies to help them develop fitness treatment plans and exercise programs to address these common conditions.

Citation: Leith, L. M. (2009). *Foundations of exercise and mental health*. Morgantown, WV: Fitness Information Technology Publishers.

Summary: This book draws from published articles, including about 250 empirical studies, to address the relationship between exercise and mental health. Guidelines are provided for use of exercise for conditions such as anxiety, depression, and poor self-concept.

Citation: Otto, M., & Smits, J. A. J. (2011). *Exercise for mood and anxiety: Proven strategies for overcoming depression and enhancing well-being*. Oxford: Oxford University Press.

Summary: This book was designed for readers with mood disorder diagnoses, though is also intended for those looking to better manage stress and low moods more generally. It has a step-by-step guide for development of a mood lifting exercise program. Examples and patient vignettes for overcoming likely obstacles to regular exercise are included.

Citation: Probst, M., & Carraro, A. (Eds.). (2014). *Physical activity and mental health: A practice-oriented approach*. Milan: edi-ermes.

Summary: This book seeks to provide practical suggestions for organization of exercise programs for people with mental health problems. Contributing authors came from eight different countries and discuss a range of topics such as physical activity's role in addressing mental health problems and the rationale behind use of physical activity for mental health promotion.

Nutrition and Mental Health

Citation: Brown, R. P., Gerbarg, P. L., & Muskin, P. R. (2012). *How to use herbs, nutrients, & yoga in mental health*. New York: W. W. Norton & Company, Inc.

Summary: This book is designed as a guide to complementary and alternative treatment for mental disorders. Each chapter is focused on a major diagnostic category (e.g., anxiety disorders, ADD, substance abuse). Treatments may involve such substances as herbs, vitamins, hormones, nutrients, and/or mind-body practices.

Citation: Isaac, M. T., (2004). *Eat yourself happy: Nutrients, foods and recipes for optimal mental health*. London: Carroll & Brown Publishers Limited.

Summary: This book is focused on how proper choice and preparation of foods can help ward off different mental illnesses to achieve better mental well-being.

Citation: Korn, L., & Lake, J. (2016). *Nutrition essentials for mental health: A complete guide to the food-mood connection*. New York: W. W. Norton & Company.

Summary: This book is geared toward clinicians. It presents practical information on the complex interactions between the food one eats and how they feel, think, and interface with the world around them. It seeks to provide the information clinicians need to provide nutritional counseling that will improve their clients' mental health and mood.

Citation: Layse-Wallace, R. (2008). *Linking nutrition to mental health: A scientific exploration*. Lincoln, NE: iUniverse.

Summary: This book is focused on research that shows the strong impact that nutrition has on mental well-being. Through an emerging Theory of PsychoNutriologic Person, the impact of substances such as essential fatty acids, vitamins, proteins, minerals, and caffeine on mental health is explored. Recommendations for putting research on the connections between nutrition and mental health into practice to improve people's quality of life are made.

Citation: Leyse-Wallace, R. (2013). *Nutrition and mental health*. Boca Raton, FL: Taylor & Francis Group.

Summary: This book provides an overview of how nutrients impact mental health and different factors that can influence nutrient intake in those living in the developed world. It is organized by nutrient group and mental health concern to make it easy for the reader to find information most relevant to their needs.

Citation: Logan, A. (2007). *The brain diet: The connection between nutrition, mental health, and intelligence*. Nashville, TN: Cumberland House Publishing.

Summary: This book discusses how mental health and diet are connected, with poor nutrition inhibiting intelligence and mental health. It discusses how brains work and why feeding them with a healthy diet is important. Recipes and information on food supplements are also included.

Citation: Walsh, W. J. (2014). *Nutrient power: Heal your biochemistry and heal your brain*. New York: Skyhorse Publishing.

Summary: This book describes nutrient therapies to address mental disorders. The approach is focused in specific types of disorder symptoms rather than broad umbrella categories.

Citation: Watts, M. (2008). *Nutrition and mental health: A handbook*. Brighton, UK: Pavilion Publishing.

Summary: This book addresses nutrition's effects on mental health. It presents an interactive relationship between diet, nutrition, and mental health and delves into additional environmental, social, and biological factors influencing people's mental well-being.

Sleep and Mental Health

Citation: Carney, C., & Manber, R. (2009). *Quiet your mind and get to sleep: Solutions to insomnia for those with depression, anxiety or chronic pain*. Oakland, CA: New Harbinger Publications, Inc.

Summary: This workbook is based on cognitive behavior therapy principles. It seeks to help readers optimize their sleep pattern by calming their minds and identifying behaviors that contribute to insomnia.

Citation: Pandi-Perumal, S. R., & Kramer, M. (Eds.). (2010). *Sleep and mental illness*. Cambridge: Cambridge University Press.

Summary: This book explores correlations between sleep problems and mental illness. It is divided into three sections: basic science; neuroendocrinology; and clinical science. Additional information is provided on assessment of sleep disorders and quality-of-life and drugs for treating sleep disorders. This text is geared toward clinicians (e.g., psychiatrists, neurologists, those working in behavioral sleep medicine).

Citation: Rosenberg, R. S. (2016). *The doctor's guide to sleep solutions for stress and anxiety: Combat stress and sleep better every night*. Beverly, MA: Fair Winds Press.

Summary: This book provides strategies for identify sleep-detering stressors and removing obstacles to restful sleep. The book has information to help readers learn about sleep research and patients' stories, understand chronic physical and mental issues that can disrupt sleep, and find ways to prevent and manage anxiety, stress, and other conditions that prevent one from getting a restful night's sleep.

Citation: Winkelman, J. W., & Plante, D. T. (Eds.). (2011). *Foundations of psychiatric sleep medicine*. Cambridge: Cambridge University Press.

Summary: This book provides a summary of contemporary clinical concepts at the interface of sleep and psychiatry. Topics covered include: basic principles of sleep science, clinical sleep history taking, primary sleep disorders in psychiatric contexts, and sleep disturbance across difference disorders (e.g., anxiety, substance use, mood disorders, psychosis).

Citation: Winokur, A., & Kamath, J. (Eds.). (2015). *Sleep disorders and mental health*. Philadelphia, PA: Elsevier.

Summary: This publication by the Psychiatric Clinics of North America examines the significant association between sleep and mental health. Many topics are examined, such as sleep disturbances in anxiety and mood disorders, effects of psychotropic medicines sleep patterns, and genetics of sleep disorders.