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Physical activity and mental health in adolescence: impacts on anxiety, depression, and stress.

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Abstract: Adolescence is a phase marked by intense physical, emotional, and social transformations, considered a period of greater vulnerability to the development of mental disorders such as anxiety, depression, and stress. In this context, physical activity has been widely recognized as an important strategy for promoting mental health and improving quality of life. This study aimed to analyze the impacts of physical activity on the mental health of adolescents, focusing on the reduction of symptoms of anxiety, depression, and stress. This is an integrative literature review conducted in the LILACS, MEDLINE/PubMed, SciELO, BVS, and Scopus databases, encompassing articles published between 2021 and 2025, in Portuguese and English. Twelve studies that met the established inclusion criteria were selected. The results showed that regular physical activity is associated with a reduction in symptoms of anxiety, depression, and stress, in addition to promoting self-esteem, sleep quality, resilience, socialization, and psychological well-being. It is concluded that physical activity is an effective strategy for promoting mental health and preventing emotional distress during adolescence.

Keywords: Adolescence. Anxiety. Physical activity. Depression. Mental health.

Abstract: Adolescence is a stage characterized by intense physical, emotional, and social changes, making it a period of increased vulnerability to the development of mental health disorders such as anxiety, depression, and stress. In this context, physical activity has been widely recognized as an important strategy for promoting mental health and improving quality of life. This study aimed to analyze the impacts of physical activity on adolescent mental health, focusing on the reduction of anxiety, depression, and stress symptoms. An integrative literature review was conducted using the LILACS, MEDLINE/PubMed, SciELO, VHL, and Scopus databases, including articles published between 2021 and 2025 in Portuguese and English. A total of 12 studies met the established inclusion criteria and were selected for analysis. The findings demonstrated that regular physical activity is associated with reduced symptoms of anxiety, depression, and stress, and with improved self-esteem, sleep quality, resilience, social interaction, and psychological well-being. It is concluded that physical activity represents an effective strategy for promoting mental health and preventing emotional disorders during adolescence.

Keywords: Adolescence. Anxiety. Depression. Mental health. Physical activity.

1. Introduction

Adolescence is a phase of human development characterized by profound changes. Physical, cognitive, emotional, and social changes, constituting a period of great... vulnerability to the emergence of mental health problems. At this stage, individuals They face challenges associated with identity construction, interpersonal relationships, and... academic demands and the biological changes resulting from puberty. These factors They can directly influence emotional balance, favoring the emergence of symptoms. anxiety, depression, and stress, which currently constitute significant health problems. public on a global scale (Walker *et al.*, 2024).

The increasing prevalence of mental disorders among adolescents has raised concerns. This is a concern among researchers and healthcare professionals. Several risk factors are... associated with the development of these conditions, including adverse childhood experiences, Family difficulties and unfavorable socioeconomic conditions. According to Van Heijningen *et al.* (2024), traumatic events experienced early in life, such as the loss of a parent in In childhood, these issues can have lasting repercussions on physical and mental health. Similarly, food insecurity has been identified as a significantly associated factor. to the increase in levels of anxiety, depression and stress in adolescents (Cisneros-Vásquez *et al.*, 2025).

In addition to individual and family factors, collective events also play a role. significantly influence the mental health of young people. The COVID-19 pandemic It highlighted the impacts of global crises on the psychological well-being of the adolescent population. Social isolation, changes in school routines, uncertainties related to the future, and... The increased consumption of information through digital means has contributed to the worsening of... Symptoms of anxiety, depression, and stress in different countries (Daimer *et al.*, 2022). Studies They also demonstrated high rates of depressive and anxious symptoms, as well as manifestations similar to post-traumatic stress disorder among adolescents in this period (Stewart *et al.*, 2022).

Given this scenario, there is a growing interest in strategies capable of promoting health. mental health and prevent emotional disorders in this age group. Among the interventions are not Among the most studied pharmacological factors, the regular practice of physical activity stands out, recognized for...

Year VII, v.1 2026 | Submission: 02/06/2026 | Accepted: 05/06/2026 | Publication: 08/06/2026

Its comprehensive health benefits. Physical activity involves any bodily movement produced by skeletal muscles that results in energy expenditure, which can be performed through structured exercises, sports, recreational activities and active commuting. In addition to the physical benefits, its practice has been widely associated with promoting well-being, psychological and emotional well-being (WHO, 2020a).

The World Health Organization guidelines recommend that children and teenagers should, on average, engage in at least 60 minutes of physical activity daily, moderate to vigorous intensity, considering the positive effects on physical health, cognitive and mental (WHO, 2020b). Among the observed benefits are improvements in self-esteem, sleep quality, socialization, and mood, as well as a reduction in levels of emotional tension and psychological suffering. These results make physical activity an important tool for promoting health in adolescence.

Recent scientific evidence reinforces the association between adequate levels of physical activity and better indicators of mental health. In a study conducted with students from primary education in China, Zhang, Shao and Wu (2025) found that adolescents who were physically active showed lower rates of anxiety and depression than those who were less active. Similarly, Poon (2022) highlights that programs involving exercise, aerobic exercise and high-intensity interval training have the potential to reduce symptoms, negative emotional factors and promote the psychological development of adolescents in various contexts, social vulnerability. These benefits may be related to mechanisms, neurobiological factors related to strengthening social interactions and the perception of competence, guys.

Furthermore, environmental factors that are favorable to physical activity can also contribute to contribute to the promotion of mental health. Studies show that contact with environments, healthy living and green spaces are associated with improved psychological well-being and a reduction in... Symptoms related to emotional distress (Boakye, Danquah and Antwi, 2025).

In this context, the present study aims to analyze the impacts of the activity, physical therapy on mental health in adolescence, with a focus on anxiety, depression, and stress, highlighting its importance as a strategy for promoting health and preventing illness, psychological benefits and improved quality of life for adolescents.

2. Theoretical Framework

Initially, mental health in adolescence is one of the main indicators of healthy development, being related to the ability to cope with everyday challenges, to establish satisfying interpersonal relationships and achieve psychological well-being. In this Context, emotional, social, and behavioral factors directly influence quality of the lives of young people. Haile *et al.* (2024) highlight that health-related quality of life In children and adolescents, it is strongly influenced by emotional, family, and other factors. environmental factors, highlighting the need for strategies that promote the maintenance of Psychological balance during this phase of the life cycle.

Additionally, the scientific literature demonstrates that events with a major social impact can trigger significant changes in the mental health of adolescents. Mzadi *et al.* (2022) found that the COVID-19 pandemic was associated with an increase in symptoms. psychological issues among high school students, including anxiety, sadness, and suffering. emotional. Similarly, Annam *et al.* (2022) observed significant changes. in the behaviors and attitudes of children and adolescents during the pandemic period, highlighting negative consequences related to social isolation and reduced interaction. in-person events and changes to daily routines.

Meanwhile, sleep quality has been identified as an important component of mental health in adolescence. Gao *et al.* (2024) identified an association between well-Psychological well-being and adequate sleep patterns in Chinese university students. demonstrating that individuals with better sleep quality had lower levels of Emotional suffering. These findings reinforce the understanding that adequate rest It plays a fundamental role in emotional regulation, physical recovery, and... Cognitive functioning, contributing to the prevention of symptoms of anxiety and depression.

From this perspective, certain individual conditions can increase the Vulnerability of adolescents to the development of emotional problems. Canavan *et al.* (2025), when analyzing children and young people with visual impairments, showed that limitations Functional challenges and difficulties related to social inclusion can negatively impact well-being. psychological well-being and sleep quality are important.

In this scenario, physical activity emerges as one of the main strategies for... Promoting mental health among adolescents, as established by the Organization.

Year VII, v.1 2026 | Submission: 02/06/2026 | Accepted: 05/06/2026 | Publication: 08/06/2026

According to the World Health Organization, regular physical activity is associated with physical benefits, cognitive and emotional development, contributing to disease prevention and improved well-being, general health benefits (WHO, 2020a; WHO, 2020b). In addition to promoting physical fitness, Physical activity stimulates neurobiological mechanisms related to the production of neurotransmitters associated with pleasure, motivation, and the reduction of psychological stress.

Corroborating this perspective, Pascoe *et al.* (2021) identified that single sessions and Short-term interventions involving physical exercise can produce positive effects on students' mental health, including improved mood, reduced emotional stress and increased sense of well-being. The authors highlight that even relatively short periods Short periods of physical activity are capable of promoting favorable psychological responses, suggesting Incorporating exercise into one's routine can be an accessible and effective intervention. for the promotion of mental health.

Likewise, the benefits of regular exercise have been widely recognized. documented in recent literature. Pasquerella *et al.* (2025) demonstrated that participation Continuous participation in sports activities is associated with improved mental health and... Executive functioning in adolescents. According to the authors, sports practice favors... skills related to attention, memory, decision-making, and emotional control, In addition to helping reduce symptoms of anxiety and depression.

Finally, promoting mental health in adolescence requires integrated approaches that Consider individual, social, and behavioral factors. Vancampfort *et al.* (2025) They found that culturally sensitive school interventions aimed at strengthening the social belonging, community engagement, and active student participation contributed to the reduction of symptoms of anxiety and depression. In this context, the activity physical therapy, combined with psychosocial support strategies and health-promoting environments, It is configured as an important instrument to promote healthy development, the Emotional well-being and quality of life for adolescents.

3. Materials and Methods

This is an integrative literature review study, a method that allows for... synthesis and critical analysis of scientific knowledge produced on a given topic, allowing the compilation of research results with different methodological designs

Year VII, v.1 2026 | Submission: 02/06/2026 | Accepted: 05/06/2026 | Publication: 08/06/2026

and contributing to a comprehensive understanding of the phenomenon under investigation. The integrative review was conducted in six stages: identifying the theme and formulating the guiding question; Defining inclusion and exclusion criteria; literature search; study selection; analysis, and interpretation of the results; and presentation of a synthesis of the knowledge produced.

The research was developed starting from the following guiding question: what are the available scientific evidence on the impacts of physical activity on mental health adolescents, especially in relation to anxiety, depression, and stress? The construction of The question considered the growing relevance of emotional disorders in adolescence and the The potential of physical activity as a strategy to promote mental health and quality of life.

The bibliographic search was conducted in the Medical Literature Analysis and databases. Retrieval System Online (MEDLINE/PubMed), Scientific Electronic Library Online (SciELO), Virtual Health Library (VHL) and Scopus. The Health Sciences Descriptors were used. Health (DeCS) and Medical Subject Headings (MeSH): "physical activity", "mental health", "teenagers", "anxiety", "depression", "stress", "physical activity", "mental health", The descriptors "adolescents", "anxiety", "depression", and "stress" were combined using... of the Boolean operators AND and OR, aiming to increase the sensitivity and specificity of search strategy.

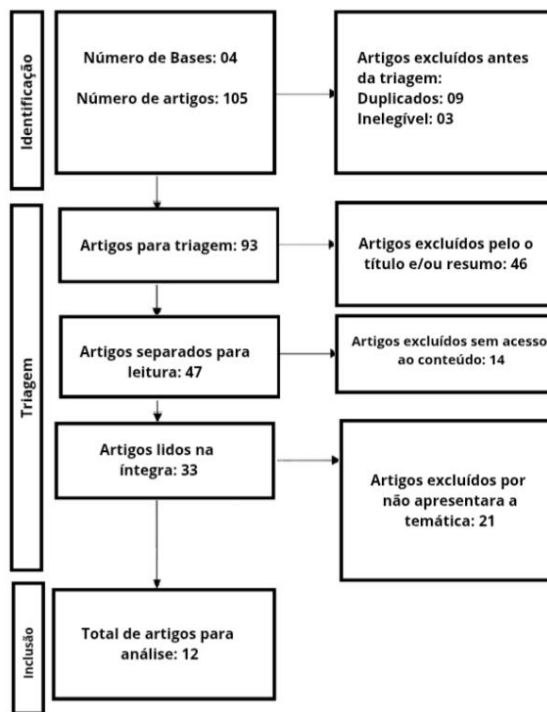
The inclusion criteria were established as follows: original scientific articles, available in full, published between 2021 and 2025, in Portuguese or English, that They addressed the relationship between physical activity and mental health in the adolescent population. Observational studies, clinical trials, longitudinal studies and other studies were also included. cross-sectional studies that presented results related to anxiety, depression, Stress, quality of life, psychological well-being, or other indicators of mental health.

The following were considered exclusion criteria: duplicate studies in the databases, Literature reviews, editorials, letters to the editor, dissertations, theses, book chapters, Abstracts published in proceedings of scientific events, articles unavailable in full, and research. that did not directly address adolescents or that did not present an association between Physical activity and mental health-related outcomes.

The selection of studies occurred in three stages. Initially, identification was carried out. of the publications using the previously defined search strategy. Then, it proceeded- The text refers to reading the titles and abstracts to assess eligibility. Subsequently, the articles... potentially relevant documents were submitted for full reading and those that met the requirements were selected.

all established criteria. The process of identification, screening, eligibility and inclusion. The studies were organized as shown in Figure 1.

Figure 1 – Flowchart of the process for selecting studies included in the integrative review.



Source: prepared by the authors (2026).

After selection, the articles were submitted to data extraction and organization by through a structured instrument, which contained information about authorship, year of publication, country of study, objective of the study, methodological design, sample, Main results and conclusions. The data obtained were analyzed descriptively and interpretative, which made it possible to identify convergences, divergences, and gaps in scientific knowledge about the topic under investigation.

For the discussion of the results, the studies will be organized into two thematic areas. central themes. The first will address the neuropsychological and psychosocial effects of physical activity. in reducing anxiety, depression, and stress in adolescents, exploring the Biological, emotional, and behavioral mechanisms associated with physical exercise. The second axis will discuss physical activity as a strategy for promoting resilience. quality of life and mental well-being in contexts of social vulnerability and post-pandemic, analyzing its relevance to the development of public policies and interventions. focused on the overall health of adolescents.

Because this research is based exclusively on secondary domain data public, without direct involvement of human beings, there was no need for submission to Research Ethics Committee, in accordance with the guidelines established by Resolution No. 510/2016 from the National Health Council.

4. Results and Discussion

The search conducted in the selected databases resulted in the identification of 12 studies that fully met the inclusion criteria established for this review. integrative. The publications analyzed were developed in different countries and They considered different methodological designs, including cross-sectional studies, Longitudinal studies, narrative reviews, systematic reviews, and meta-analyses. In general, the Studies have investigated the association between physical activity and mental health in adolescence. addressing outcomes related to anxiety, depression, stress, quality of life, sedentary behavior, emotional health, and contextual factors capable of influencing the Psychological well-being. A summary of the main characteristics of the selected studies. This information is presented in Table 1.

Table 1 – Characterization of the studies included in the integrative review.

Author/Year	Study objective	Key results
Krause <i>et al.</i> (2021)	Developing consensus international framework on outcome measures in the mental health of children and adolescents.	It highlighted the need for standardized instruments for assessing anxiety, depression, obsessive-compulsive disorder, and post-traumatic stress, aiming to improve the monitoring and effectiveness of interventions in child and adolescent mental health.
Okuyama <i>et al.</i> (2021)	Investigating the relationship between physical activity and mental health during the COVID-19 pandemic	shown that physically active adolescents exhibit better mental health indicators, lower levels of psychological distress, and greater coping capacity in the face of the adversities imposed by the pandemic.
Zhu <i>et al.</i> (2021)	To assess the association between academic stress, physical activity, sleep, and mental health.	It was identified that high levels of academic stress, associated with reduced physical activity and poorer sleep quality, contributed significantly to the...

		increased symptoms of anxiety and impairment of psychological well-being.
Ben Brik <i>et al.</i> (2022)	To analyze the influence of parental mental health on childhood anxiety during the pandemic.	A direct association was found between parental emotional distress and increased anxiety levels in children and adolescents, highlighting... The influence of the family environment on the mental health of young people.
Graziano <i>et al.</i> (2022)	Assessing stress and mental health in adolescents with cystic fibrosis after the pandemic.	The study revealed persistent high levels of stress and psychological distress even after the critical period of the pandemic, reinforcing the emotional vulnerability of adolescents with chronic health conditions.
Magklara and Kyriakopoulos (2023)	Discussing the impacts of the pandemic on the mental health of children and young people.	It pointed to a significant increase in symptoms of anxiety, depression, social isolation, and emotional difficulties resulting from changes in routine and social restrictions imposed by COVID-19.
Abbas, Athar and Jilani (2023)	Assessing the physical and mental impacts of the pandemic on schoolchildren.	A significant reduction in physical activity levels, an increase in sedentary behavior, and a of mental health worsening and emotional well-being indicators were observed.
Sayed <i>et al.</i> (2024)	Reviewing the effects of COVID-19 on children's and adolescents' mental health.	A substantial increase in the prevalence of anxiety, depression, stress, and other emotional disorders was identified among children and adolescents during and after the pandemic.
Li <i>et al.</i> (2024)	To analyze the positive effects of physical activity on the mental health of adolescents.	Studies have shown that physical activity promotes emotional regulation, strengthens self-esteem, improves social relationships, and significantly reduces symptoms of anxiety and depression.
Bucko <i>et al.</i> (2024)	To investigate the association between adherence to physical activity recommendations and mental health.	It was found that adolescents who reached the recommended levels of physical activity exhibited Better indicators of mental health, greater psychological well-being, and a lower prevalence of emotional distress.

Yani <i>et al.</i> (2025)	Assessing factors associated with mental health literacy, anxiety, and depression.	The study found that higher levels of mental health literacy favored the early recognition of emotional symptoms and contributed to better psychological coping strategies.
Fu <i>et al.</i> (2025)	To assess the effects of physical activity on the mental health of children and adolescents.	The meta-analysis confirmed that regular physical activity significantly reduces symptoms of anxiety and depression and contributes to an overall improvement in psychological well-being.

Source: own authorship (2026).

The analysis of the studies demonstrated a consensus regarding the protective role of physical activity in the mental health of adolescents. The results showed that adequate levels of activity Physical activity is associated with a reduction in symptoms of anxiety, depression, and stress, in addition to... contribute to improving mood, self-esteem, sleep quality and quality of life. life.

At the same time, factors such as sedentary behavior, academic stress, and isolation Social and family vulnerabilities were identified as elements associated with worsening of psychological distress. Taken together, the findings reinforce the importance of Physical activity as a strategy for promoting mental health and preventing harm. emotional issues in adolescence, especially in contexts marked by social challenges, educational and post-pandemic.

The findings of this integrative review show that physical activity plays a role. plays a relevant role in promoting mental health in adolescence, especially in reducing Symptoms of anxiety, depression, and stress. The analysis of the studies made it possible to identify that... The benefits of physical exercise go beyond biological aspects, reaching dimensions... emotional, cognitive, and social skills, fundamental for the healthy development of adolescents. In this sense, the discussion was organized into two thematic axes: (4.1) the effects neuropsychological and psychosocial effects of physical activity in reducing anxiety, depression and stress in adolescents; and (4.2) physical activity as a strategy for promoting resilience, quality of life, and mental well-being in contexts of social vulnerability and post-pandemic.

4.1 The neuropsychological and psychosocial effects of physical activity in reducing anxiety, depression and stress in adolescents

The relationship between physical activity and mental health has been extensively documented in contemporary scientific literature, especially in the context of adolescence, phase characterized by intense biopsychosocial transformations. The studies analyzed demonstrate convergence in indicating that regular physical exercise is associated with a reduction significant symptoms of anxiety, depression, and stress, contributing to the Strengthening the emotional balance and adaptive capacity of adolescents. In this In this context, Fu *et al.* (2025) highlight that physical activity produces consistent positive effects. regarding mental health, showing a reduction in depressive and anxious symptoms in different youth population groups.

From a neuropsychological point of view, physical activity favors physiological mechanisms. which directly influence brain function. Li *et al.* (2024) state that exercise Physical activity stimulates neurobiological processes related to the release of neurotransmitters. such as serotonin, dopamine, and endorphins, substances associated with feelings of pleasure and well-being. Being and regulating emotions. These mechanisms contribute to reducing suffering. psychological and for strengthening the cognitive functions involved in stress management. and negative emotions. In this way, regular physical activity acts as a an important protective factor against the development of mental disorders in adolescence.

The positive influence of exercise can also be seen in the reduction of stress levels. arising from academic demands. Zhu *et al.* (2021) found that adolescents Those subjected to high levels of school pressure showed worse health indicators. mental health, especially when associated with low levels of physical activity and poor quality of life. Inadequate sleep. The authors emphasize that physical activity contributes to the regulation of physiological responses to stress, promoting greater emotional balance in the face of Educational demands frequently experienced at this stage of life.

The psychosocial benefits of physical activity also deserve mention. Bucko *et al.* (2024) observed that adolescents who met international recommendations for Physical activity showed better indicators of mental health and lower levels of emotional distress. This result suggests that the effects of exercise are not limited to emotional suffering.



Year VII, v.1 2026 | Submission: 02/06/2026 | Accepted: 05/06/2026 | Publication: 08/06/2026

biological mechanisms, but they also encompass factors related to self-esteem and perception. of competence, to social interaction and to a sense of belonging.

The importance of mental health in adolescence is also highlighted by Krause *et al.* (2021), which highlight the need for standardized instruments for assessing anxiety, Depression and stress-related disorders. According to the authors, monitoring The proper use of these indicators allows for the early identification of situations of vulnerability and to guide effective interventions. In this scenario, physical activity emerges as a strategy. Low cost, wide applicability and high effectiveness in promoting well-being. psychological.

Another important aspect concerns the influence of physical activity on development. of self-confidence and a positive self-perception. Li *et al.* (2024) emphasize that Physically active teenagers tend to have higher self-esteem and better ability to coping with adverse situations. This condition favors the reduction of Emotional vulnerability contributes to building necessary psychological resources. for healthy development.

In addition, Yani *et al.* (2025) highlight that a proper understanding of Aspects related to mental health favor the early recognition of symptoms. It enhances emotional well-being and encourages the adoption of protective behaviors. When combined with practice... Regular physical activity, this awareness enhances the positive effects on well-being. psychological well-being. Thus, the studies analyzed converge in demonstrating that physical activity It constitutes an effective intervention for reducing anxiety, depression, and stress. promoting neuropsychological and psychosocial benefits that are fundamental to mental health of teenagers.

4.2 Physical activity as a strategy for promoting resilience, quality of life and Mental well-being in contexts of social vulnerability and post-pandemic.

Adolescence is a period of heightened sensitivity to environmental influences. family and social factors, making individuals more susceptible to the impacts of adverse situations. Regarding mental health. In this context, the studies analyzed show that physical activity It plays a strategic role not only in reducing psychological symptoms, but also in promoting resilience, quality of life and mental well-being, especially



Year VII, v.1 2026 | Submission: 02/06/2026 | Accepted: 05/06/2026 | Publication: 08/06/2026

in scenarios marked by social vulnerabilities and the persistent effects of the pandemic COVID-19.

The psychosocial consequences of the pandemic represented one of the main challenges for child and adolescent mental health in recent years. Magklara and Kyriakopoulos (2023) They highlight that social distancing measures, school closures, and disruptions recreational activities had significant emotional repercussions among children and adolescents. Similarly, Sayed *et al.* (2024) observed a significant increase in prevalence of anxiety, depression, stress, and feelings of isolation, evidencing that The effects of the pandemic went beyond the physical aspects and profoundly affected well-being. The psychological well-being of the young population.

In this context, physical activity has emerged as an important protective factor. Okuyama *et al.* (2021) found that adolescents who maintained adequate levels of Physical activity during the pandemic period showed better health indicators. mentally worse than those who reduced or stopped exercising. According to the According to the authors, maintaining physically active habits contributed to preserving balance. emotional and minimize the negative impacts resulting from the social restrictions imposed by pandemic.

Similar results were described by Abbas, Athar and Jilani (2023), who They identified an association between decreased physical activity and the worsening of Emotional symptoms in schoolchildren. The authors argue that the reduction of opportunities The lack of movement, leisure, and socialization has contributed to an increase in sedentary behavior and... psychological suffering.

Promoting resilience is another aspect that is broadly related to the activity. Physical resilience can be understood as the ability to cope with adversity. adapting to difficult situations and recovering from potentially harmful experiences stressful. Li *et al.* (2024) emphasize that regular participation in physical activities favors the development of emotional skills, such as self-control, perseverance, discipline and Self-confidence, characteristics that strengthen adolescents' coping abilities. In the face of daily challenges, physical exercise contributes to building... Protective mechanisms that help prevent psychological harm.

The influence of family context also deserves emphasis in this discussion. Ben Brik *et al.* (2022) observed that parental mental health was directly related to levels



Year VII, v.1 2026 | Submission: 02/06/2026 | Accepted: 05/06/2026 | Publication: 08/06/2026

Anxiety levels observed in children and adolescents during the pandemic. This result demonstrates that situations of emotional vulnerability within the family can worsen the psychological suffering of young people. In this sense, physical activity performed in environments School, community, or family settings can represent an important tool for... Strengthening social bonds and promoting emotional support are key factors. recognized as being associated with improved mental health.

Furthermore, quality of life is one of the main benefits associated with Regular physical activity. Fu *et al.* (2025) show that physically active adolescents active assets show better indicators of psychological well-being, social functioning, and of life satisfaction. The authors highlight that the positive effects of physical exercise are observed across multiple dimensions of health, encompassing physical, emotional and relational. Such benefits are especially relevant in populations exposed to conditions social vulnerability, in which risk factors for the development of disorders Mental health issues tend to be more frequent.

Another relevant aspect refers to the importance of mental health literacy as a complementary element to health promotion strategies. Yani *et al.* (2025) highlight that adolescents with greater knowledge about mental health show a greater capacity to Recognizing emotional symptoms and seeking appropriate coping mechanisms. When Combined with regular physical activity, this awareness enhances the effects. protective factors regarding psychological well-being, favoring the adoption of healthier lifestyles. healthy and sustainable.

Finally, the results of Graziano *et al.* (2022) demonstrate that, even after the period Even more critical than the pandemic, significant challenges related to stress and... persist. Emotional distress among adolescents and young adults. This evidence reinforces the need of ongoing interventions aimed at promoting mental health. In this context, the activity Physics stands out as an accessible, safe, and effective strategy for strengthening resilience. to improve quality of life and promote mental well-being. Taken together, the studies The analyses converge to demonstrate that the incorporation of regular physical activity should to be encouraged by schools, families and public policies, constituting an important A tool for building healthier and more development-friendly environments. integral development of adolescents.

Final Considerations

This integrative review allowed us to understand the relevance of physical activity as a strategy for promoting mental health in adolescence, highlighting its impacts positive aspects regarding anxiety, depression, and stress. In response to the guiding question of this The study's results demonstrated that regular physical activity is consistently associated with a reduction in negative emotional symptoms, and with strengthening of psychological well-being and improved quality of life for adolescents.

The proposed objective is to analyze the impacts of physical activity on mental health in Adolescence was achieved, as the selected studies showed benefits. significant in different dimensions of mental health. The findings indicated that the activity Physical activity promotes neuropsychological mechanisms related to emotional regulation and control. stress and the reduction of symptoms of anxiety and depression were identified. Furthermore, they were identified positive effects on self-esteem, socialization, sleep quality, and perception of well-being. being able to cope with adverse situations demonstrates that physical exercise It constitutes an important protective factor for the mental health of young people.

Another relevant aspect observed was the role of physical activity in contexts of Social vulnerability in the post-pandemic period. The literature reviewed revealed that adolescents exposed to factors such as social isolation, academic stress, difficulties Family members and those affected by the impacts of COVID-19 presented a higher risk of suffering. psychological. However, those who maintained adequate levels of physical activity They presented better mental health indicators, greater resilience, and a greater capacity to adaptation to adversity. Therefore, the results reinforce the need to encourage... Regular physical activity through school, family, and public policy initiatives. aimed at promoting the overall health of adolescents.

Finally, longitudinal studies are suggested to investigate the effects of different modalities, intensities, and frequencies of physical activity on the mental health of adolescents in different sociocultural contexts. Future research could also explore this. the biological and psychosocial mechanisms involved in this relationship, contributing to the development of more specific and effective interventions. Thus, it is concluded that the activity Physical education represents an accessible, safe, and relevant strategy for promoting well-being.



Year VII, v.1 2026 | Submission: 02/06/2026 | Accepted: 05/06/2026 | Publication: 08/06/2026

psychological well-being, the prevention of mental disorders, and the strengthening of quality of life during Adolescence.

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Year VII, v.1 2026 | Submission: 02/06/2026 | Accepted: 05/06/2026 | Publication: 08/06/2026

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