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## Abstract

# Psychosis and Exercise: A Bibliometry

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In Portugal, approximately 22.9% of the population suffers from a psychiatric disorder, which places it as the second country with the highest prevalence of psychiatric disorders in Europe (Bernardino, 2019). Several approaches have been tested in patients diagnosed with psychosis, in which exercise is included, resulting in an increased number of published documents. The present study aims to identify the main hotspots (countries, sources, authors, keywords, and affiliations) and scientific literature trends regarding exercise's effects on patients with psychosis through a bibliometric analysis. The electronic search was conducted in three databases, PubMed, Scopus and Web of Science, from the 1<sup>st</sup> of January 2013 to the 5<sup>th</sup> of June 2023. The following descriptors and Boolean operators were used to formulate the search: ["Physical Exercise" OR "Physical Activity" OR "Exercise") AND "Psychosis"]. The data extracted from Software R(V.4.3.0) in R format was analysed in the Bibliometrix program (<http://www.bibliometrix.org> (accessed 06/06/2023), and the outcome was organised by

countries, sources, authors, keywords, and affiliations. A total of 1749 scientific documents were retrieved from the databases, of which 1186 were included in the sample and analysed. The results show an increase in scientific production since 2013, peaking between 2019 and 2021. The three countries that publish the most are the United States of America, Australia, and Iran, with a vast collaboration network between different countries, authors and institutions. Portugal is in the twenty-sixth position, with 63 published articles. The top three most referenced journals are: Schizophrenia Research, Psychiatry Research, and Frontiers In Psychiatry. The top three authors in this area of research are Brendon Stubbs, Davy Vancampfort and Simon Rosenbaum. Over the past 10 years, the top ten research keywords are: "humans", "man", "woman", "adults", "schizophrenia", "exercise", "young adults", "psychosis", "adolescents", and "middle-aged". The main institutions studying this area of research are the King's College London, the University of Manchester, the University of New South Wales, the University of Washington, and the University of Toronto. This bibliometric highlights the USA, Australia, and the United Kingdom as the most cited countries, with the main reference publications in which are located the main affiliations. Main trends evolved to an increase focused on diagnosed psychotic humans with different ages and exercise. Considering the sizeable collaborative network, future studies must consider the influence of cultural differences on the success of different modes of exercise in psychotic patients.

**Keywords:** Psychosis, Exercise, Health, Bibliometric Analysis, research network, research trends.

## References

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