Examining the role of physical activity on psychological well-being and mental health postpartum

Postpartum physical activity can positively impact mental and physical health. There is a need to better understand how physical activity is related to various psychological constructs to support physical activity in postpartum women. Thus, the purpose of this exploratory quantitative study was to examine differences between postpartum women who were physically active and physically inactive on such psychological (e.g., self-compassion) and mental health constructs.

**FIVE-HUNDRED TWENTY-FIVE WOMEN (MEAN AGE = 28.4) PARTICIPATED IN THE STUDY**

Mothers who were physically active after the birth of a child were found to:

- Exercise self-efficacy
- Self-compassion
- Basic psychological needs fulfillment for exercise
- Perceived fatigue
- Anxiety
- Depression
- Body satisfaction

Compared to mothers who were physically inactive after the birth of a child

Women who are active after the birth of a child have improved psychological constructs that may benefit overall mental health and well-being during this challenging transition.

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