

“Cyclotherapy” for Anxiety Disorder: A Meta-analysis of Randomized Controlled Trial

Yi-Hua Wang^{1,2}, Nian-Xia Chang^{2,3}, Daniel Tzu-Li Chen^{2,4,5},
Ikbal Andrian Malau^{2,5}, Berne Ting^{2,6*}, Kuan-Pin Su^{2,7*}

¹School of Medicine, College of Medicine, China Medical University, Taichung, Taiwan, ²Mind-Body Interface Laboratory (MBI-Lab), China Medical University Hospital, Taichung, Taiwan, ³School of Chinese Medicine, College of Chinese Medicine, China Medical University, Taichung, Taiwan, ⁴M.D.-Ph.D. Program, College of Medicine, China Medical University, Taichung, Taiwan, ⁵Graduate Institute of Biomedical Sciences, College of Medicine, China Medical University, Taichung, Taiwan, ⁶Ph.D. Program for Aging, College of Medicine, China Medical University, Taichung, Taiwan, ⁷An-Nan Hospital, China Medical University, Tainan, Taiwan



BACKGROUND

Anxiety disorder is a prevalent and highly disabling mental health condition. People with anxiety disorder suffer from anxiety, which causes the diffuse, unpleasant, vague feeling of apprehension. Exercise is essential in maintaining good health. The activity of cycling can help with cardiorespiratory function and regulate mood. There are no meta-analyses of the effects of cycling on anxiety, and it would be beneficial to find effective alternative treatments or adjuncts to treat anxiety. Moreover, we expected a positive impact of cycling on anxiety improvement. Therefore, we conducted a meta-analysis to summarize the evidence of the effects of cycling on anxiety.

METHOD

Four databases, PubMed, Embase, Cochrane, and Web of Science, were used to identify the studies about the link between cycling and anxiety. Inclusion criteria: (1) Randomized control trial (RCT) or clinical trial (CT); (2) Cycling intervention; (3) reliable assessment tool and rating scale for anxiety; (4) Complete statistical data. Exclusion criteria: (1) no full text, non-English; (2) conference articles, and degree thesis.

RESULT

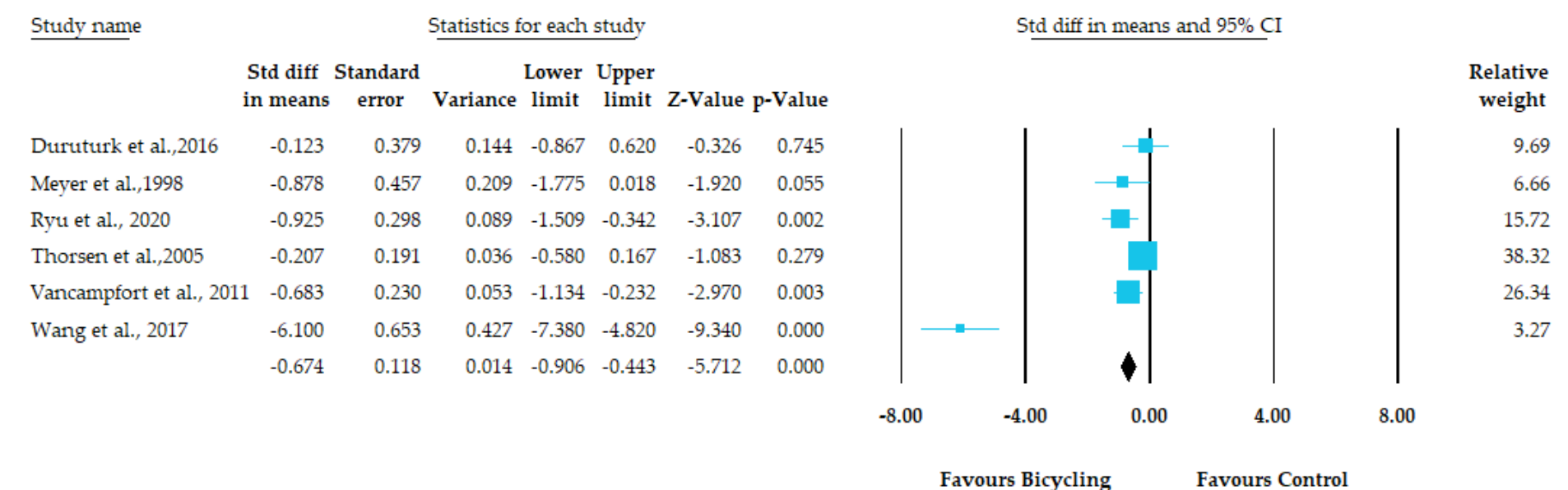


Fig 2. Forest plot of cyclotherapy for anxiety

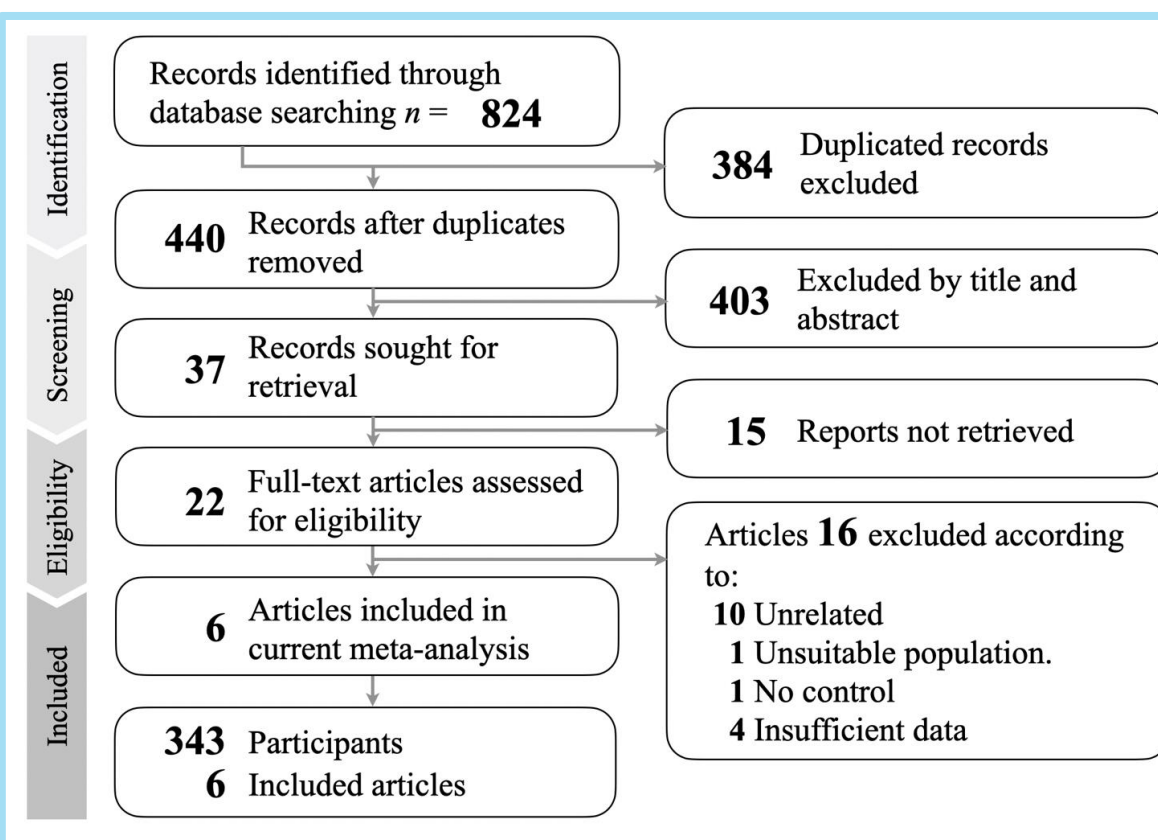


Figure 1: Flow chart of the selection strategy and inclusion and exclusion criteria.

CONCLUSION

Our meta-analysis of 6 articles with a total of 343 participants provides the potentiality of bicycling to reduce symptoms of anxiety. Bicycle is an accessible, affordable alternative for people who suffered anxiety. Moreover, bicycling doesn't have side effects like anti-anxiety drugs often have.