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Cita:

Katz, Ezequiel Ignacio (2025). *Riesgos del estilo de vida sedentario en psicoterapeutas y psiquiatras: prevalencia de actividad física, conductas sedentarias, salud mental y bienestar psicológico*. XVII Congreso Internacional de Investigación y Práctica Profesional en Psicología. XXXII Jornadas de Investigación XXI Encuentro de Investigadores en Psicología del MERCOSUR. VII Encuentro de Investigación de Terapia Ocupacional. VII Encuentro de Musicoterapia. Facultad de Psicología - Universidad de Buenos Aires, Buenos Aires.

Dirección estable: <https://www.aacademica.org/000-004/581>

ARK: <https://n2t.net/ark:/13683/eNDN/3AN>

RIESGOS DEL ESTILO DE VIDA SEDENTARIO EN PSICOTERAPEUTAS Y PSIQUIATRAS: PREVALENCIA DE ACTIVIDAD FÍSICA, CONDUCTAS SEDENTARIAS, SALUD MENTAL Y BIENESTAR PSICOLÓGICO

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RESUMEN

La actividad física (AF) y las conductas sedentarias (CS) son factores clave en la promoción de la salud, especialmente en profesionales de la salud mental, quienes presentarían mayores niveles de inactividad debido a la naturaleza sedentaria de su labor. Este estudio tuvo como objetivo explorar la relación entre niveles de AF, CS y variables de salud mental y bienestar psicológico en psicoterapeutas y psiquiatras de Argentina. Se llevó a cabo un estudio observacional, descriptivo y transversal con una muestra de 80 profesionales clínicos de salud mental. Se administró un cuestionario sociodemográfico junto con instrumentos estandarizados: IPAQ, SBQ-s, GAD-7, WHO-5, MBI-HSS, PSQI e ICV. Los resultados muestran que el 16.25% presentó bajos niveles de AF, mientras que el 61.25% superó las 8 horas diarias de CS en días laborales. Asimismo, se observó una alta prevalencia de agotamiento emocional (75%), sintomatología ansiosa (45%), bajo bienestar psicológico (25%) y pobre calidad de vida percibida (31.5%). Estos hallazgos destacan la necesidad de diseñar e implementar intervenciones preventivas que promuevan la AF y reduzcan las CS en esta población, con el fin de preservar su salud integral y optimizar su desempeño profesional.

Palabras clave

Autocuidado - Bienestar psicológico - Psicoterapia - Sedentarismo

ABSTRACT

RISKS OF A SEDENTARY LIFESTYLE IN PSYCHOTHERAPISTS AND PSYCHIATRISTS: PREVALENCE OF PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, MENTAL HEALTH ISSUES, AND PSYCHOLOGICAL WELL-BEING

Physical activity (PA) and sedentary behavior (SB) are key factors in health promotion, especially among mental health professionals, who may experience higher levels of inactivity due to the sedentary nature of their work. This study aimed to explore the relationship between PA levels, SB, and mental health and psychological well-being variables in psychotherapists and

psychiatrists in Argentina. An observational, descriptive, and cross-sectional study was conducted with a sample of 80 clinical mental health professionals. A sociodemographic questionnaire and standardized instruments were administered: IPAQ, SBQ-s, GAD-7, WHO-5, MBI-HSS, PSQI, and ICV. Results showed that 16.25% had low PA levels, while 61.25% reported more than eight hours of SB on working days. Additionally, a high prevalence of emotional exhaustion (75%), anxiety symptoms (45%), low psychological well-being (25%), and poor perceived quality of life (31.5%) was observed. These findings highlight the need to design and implement preventive interventions aimed at promoting PA and reducing SB in this population, in order to preserve their overall health and improve their professional performance.

Keywords

Self-care - Wellbeing - Psychotherapy - Sedentary lifestyle

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