Background
Exercise has been shown to be an effective intervention for inactive adults with OCD1,2,6. Larun et al. (2006) completed a Cochrane Review, which found there was a small effect in favour of vigorous exercise in reducing depression and anxiety scores in a general population of children and adolescents. Newman and Motta (2007) demonstrated that an exercise program was an effective intervention for adolescent PTSD. Previous research on college athletes showed OCD-affected children do not appear to differ with respect to related parental attitudes in OCD-affected children compared to matched healthy controls. This research will be important in planning future exercise-based interventions for pediatric OCD.

Objective
To investigate physical activity markers and related parental attitudes in OCD-affected children compared to matched healthy controls.

Methods
Participants
• 30 youth with OCD
• 28 age and gender-matched healthy controls

The OCD group was recruited from 6-18 year olds who were referred by a physician and presented to the British Columbia Children’s Hospital Provincial OCD Program, which is affiliated with UBC. Controls were recruited from the community. Exclusion Criteria: physical injury, medical illness, or disability that could impact sleep.

Conclusions
OCD-affected children do not appear to differ with respect to physical activity level, BMI or physical activity-related parental attitudes when compared to controls.

Reference / Bibliography

Results
No significant differences between groups in:
• Daily Mean number of steps [t(55)=0.98, p=0.33]
• Sedentary minutes [t(54)=-0.28, p=0.78]
• PAABS score [t(31)=0.33, p=0.74]
• BMI-For-Age Percentiles [t(37)=-0.45, p=0.65]
• Average number of steps did not significantly differ with OCD severity

OCD-BOCS Range of severity:
0-7:Subclinical 8-15:Mild 16-23:Moderate 24-31:Severe 32-40:Extreme

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