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EXERCISE IMAGERY AND PHYSICAL SELF DESCRIPTION IN FEMALES: A NEW TRAJECTORY FOR MENTAL HEALTH THROUGH E-LEARNING

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Introduction: Low levels of physical activity in the female population have been linked to a wide range of mental health problems (e.g. eating disorders and depression). Physical self description in female students may affect the functionality of their daily life or academic performance. Physical education research has extended to investigations of psychological constructs that influence not only physical activity but also play an important role in mental health of females.

Aim: This study was aimed to examine effect of exercise imagery mediated by e-learning on psycho-physical measures of female students.

Methods: Thirty three grade 5 students from a girl school in Tehran assigned to an 8-week intervention of video aided Exercise Imagery. Students were asked to practice according to the CD of imagery at least 20 minutes a day, 5 days a week. The outcomes of interest were psycho-physical variables including appearance, activity, Health, global physical and global esteem measured by PSDQ (physical self description questionnaire).

Results: Subjects scores increased on Health dimension, global esteem and activity measures significantly ( $p < 0.05$ ). Students rated on appearance and global physical dimensions which showed an increase trend but not statistical significantly.

Conclusion: E-learning could be utilized as an effective media for physical education in female students. The results will facilitate capacity in specialists to apply the e-learning as an effective media for interventions in female mental health issues.