

My name is Zsuzsanna and I'm a PhD student at Lancaster University in division of half a search.

And in the next few minutes, I'm going to talk about my.

And in research project, which is yeah.

I'm trying. Is it a little bit closer is it?

Uh, I think it can. You hear me now? OK. Sorry.

So I'm I'm going to talk about the research project which is being impact of physical activity interventions on believed older people cares and non cares in benign and.

The loss of a loved one is one of the biggest challenges in life, and it has a negative impact on mental health, and it is one of the major losses in adulthood. The death of us both can be emotionally overwhelming, and it can cause high stress levels and negative impacts on social relationships and wellbeing.

Management increases the increase of anxiety related and depressive symptoms.

However, not only mental health is affected by it, but also physical health and marital

The searches were run on 6 electronic databases and 1208 articles were identified. 557 duplicates were removed and 32 articles were eligible for full text screening. Finally, only twelve articles were included, 11 quantitative and one mixed methods study.

And studies were coded and the results of the coding process were used to identify most important concepts across the studies. And these concepts are depression, caregiving, life satisfaction, coping strategies and physical activity patterns. And the results are the outcomes of represented on the along these concepts.

The total number of the included participants across the 12 that is studies were 2591 with an age

