

# Comparing the effectiveness of high-intensity interval training and futsal training on fitness, quality of life and some schizophrenia symptoms

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**Abstract Background:** Schizophrenia is a psychiatric disorder characterized by patients with problems such as heart problems, difficulty walking, type 2 diabetes and obesity are facing and as previously effect of exercise on these problems has always been positive; the aim of this study was to compare the effectiveness of high-intensity interval training workouts futsal on fitness, quality of life and symptoms in patients with schizophrenia. **Methods:** 42 men with schizophrenia (mean age,  $85/5 \pm 33/44$ , weight  $19/12 \pm 80/72$ ) formed the study subjects, 42 men with schizophrenia (mean age,  $85/5 \pm 33/44$ , weight  $19/12 \pm 80/72$ ) of subjects in the study constituted, through initial screening were ed by random 3 high-intensity exercise group (n = 15), futsal (n = 12) and control (n = 15) groups. Before and after 6 weeks of high-intensity aerobic exercise and Futsal, test indicators fitness (aerobic fitness, anaerobic, agility and muscular power feet), quality of life and positive and negative symptoms of schizophrenia patients were taken. To compare the results before and after each group independent variable, t test and Wilcoxon test for comparison of 3 groups, test, ANOVA, Tukey and Kruskal-Wallis. Significant level of 05 / 0P

**Keywords :** Key words: schizophrenia, negative symptoms, quality of life, interval training, futsal

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