



WORTH: Walking for health

There is an urgent need to improve the physical health and wellbeing of people with Serious Mental Illness (SMI) as indicated in national guidelines. This trial will compare different ways of increasing physical activity and reducing sedentary behaviour in people with serious mental illness such as schizophrenia, psychosis, bipolar disorder or major depression. If people with SMI move more and sit less it is expected their physical and mental health will improve.

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