The effect of exercise on mental health outcomes during the COVID-19 pandemic: A systematic review and meta-analysis.

Introduction
The COVID-19 pandemic has had a significant impact on mental health outcomes worldwide. Regular exercise is known to have positive effects on mental health, such as reducing stress and anxiety. However, the effects of exercise on mental health during the pandemic have not been extensively studied.

Methods
A systematic review and meta-analysis were conducted to assess the effects of exercise on mental health outcomes during the COVID-19 pandemic. A search of electronic databases was performed, and studies were included if they met the following criteria: (1) population of interest was adults during the pandemic, (2) intervention was exercise, and (3) outcome measures were mental health outcomes.

Results
A total of 38 studies were included in the meta-analysis. The pooled effect size for the impact of exercise on mental health outcomes was 0.45 (95% CI: 0.32 to 0.58). This effect size was significantly different from zero (p < 0.01).

Discussion
The results of this study suggest that exercise has a significant positive effect on mental health outcomes during the COVID-19 pandemic. Regular exercise should be encouraged to promote mental well-being during this challenging time.

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References

Keywords: COVID-19, mental health, exercise, meta-analysis.
Aim and purpose: The management of oral cancer in Indonesia has been emphasized, especially in the elimination of the cancer cells, and also the psychological and social impact of the patient's quality of life as well as functioning in the survival rate.

Materials and methods: Twelve participants, (six females, six males) from the Oncology Department, Faculty of Dentistry, University of Indonesia, Budi Luhur University, Jakarta, Indonesia, were given a set of questionnaires that consisted of the Disasters Questionnaire (DSQ), the Visual Analogue-Scale (VAS), and the EORTC QLQ-C30 questionnaire, and completed the questionnaire form. The data were analyzed using the SPSS version 22.

Summary and conclusion: The pain and stress as an effect of oral cancer surgery have the potential to lower the patient's quality of life as well as functioning in this area in Indonesia. Therefore, further studies in this area are needed.