I'd Rather Watch TV: an examination of physical activity in adults with mental retardation

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Background: Adults with mental retardation (MR) have been identified as being more sedentary than those without disabilities based on (a) proxy reports of physical activity (PA) and (b) physiological measures such as body composition or cardiovascular fitness. However, there exist no objective, direct comparisons of PA levels between adults with and without MR. The purpose of this study was to compare physical activity (PA) levels between adults with and without MR using accelerometry. Methods: Twenty-two distinction between mental retardation and mental illness was first made in medieval times principally for legal purposes and the protection of property. atric examination to exclude the possibility of an underlying mental illness before the assumption is made that the condition is primarily functional in origin. Psychiatric Disorders in Childhood and Adolescence Studies using standardized methods of assessment reveal similar rates of attention-deficit/hyperactivity disorders (ADHD), conduct disorders, and anxiety disorders among mentally retarded and nonretarded children.