



APSAAR

Asia Pacific Society for Alcohol and Addiction Research

CONGRESS 2026

*From One-Size-Fits-All to Precision Interventions:
Advancing Addiction Care in the Era of Digitalization,
Neurotechnology, and Personalized Medicine*

Pra-Congress

31 July 2026

Congress

1 - 2 August 2026



**Aryaduta Hotel Menteng,
Jakarta**



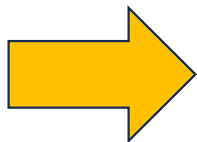
Beyond Pharmacotherapy: Mapping Global Research Trends in Exercise-Based Approaches for Substance Use Disorders

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Why This Matters?

SUD is a major global health challenge. → 296 million worldwide

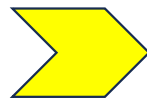


Relapse remains common.

**Non Pharmacological
interventions**

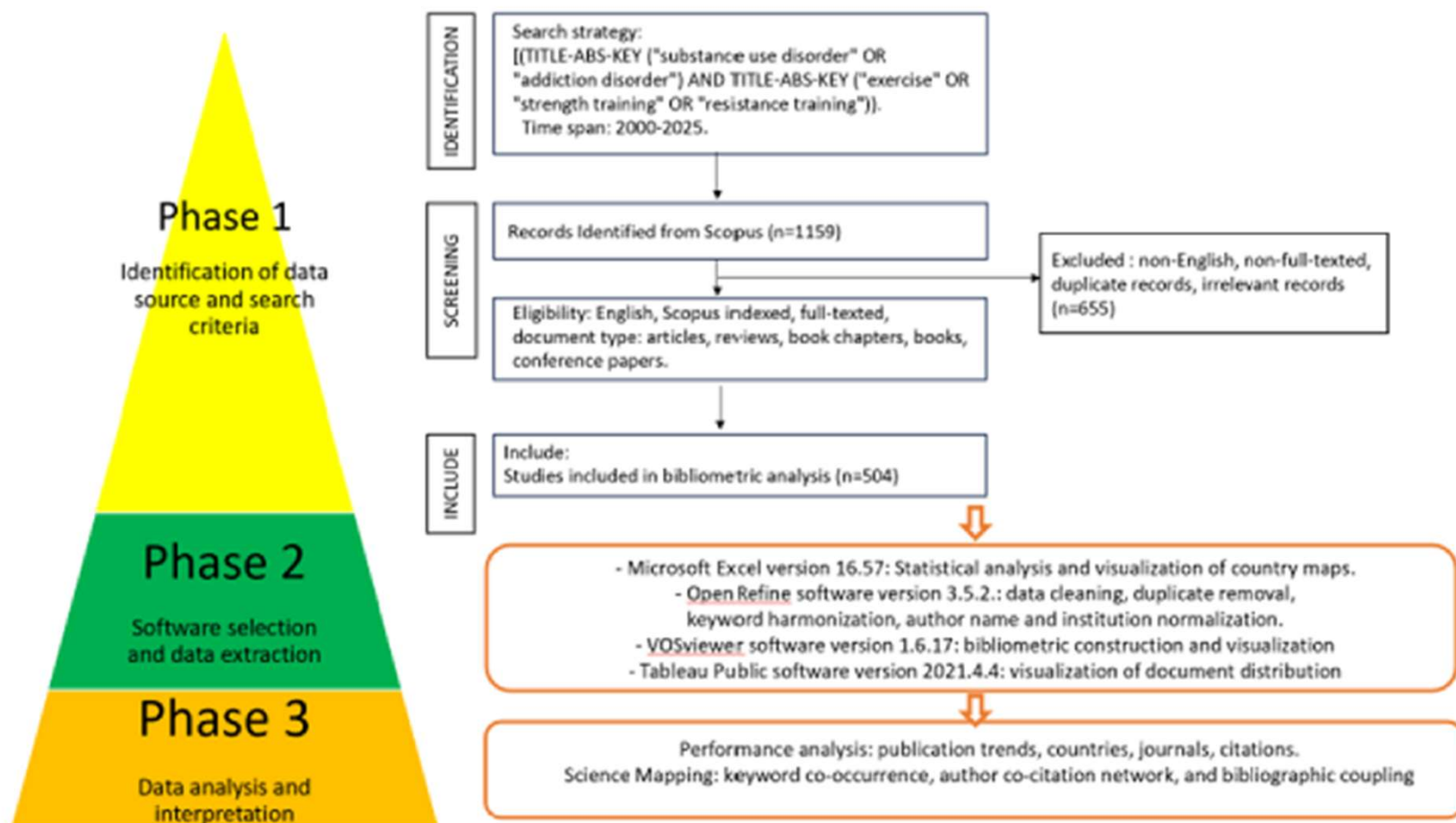


Exercise-based interventions
increasing research interest.



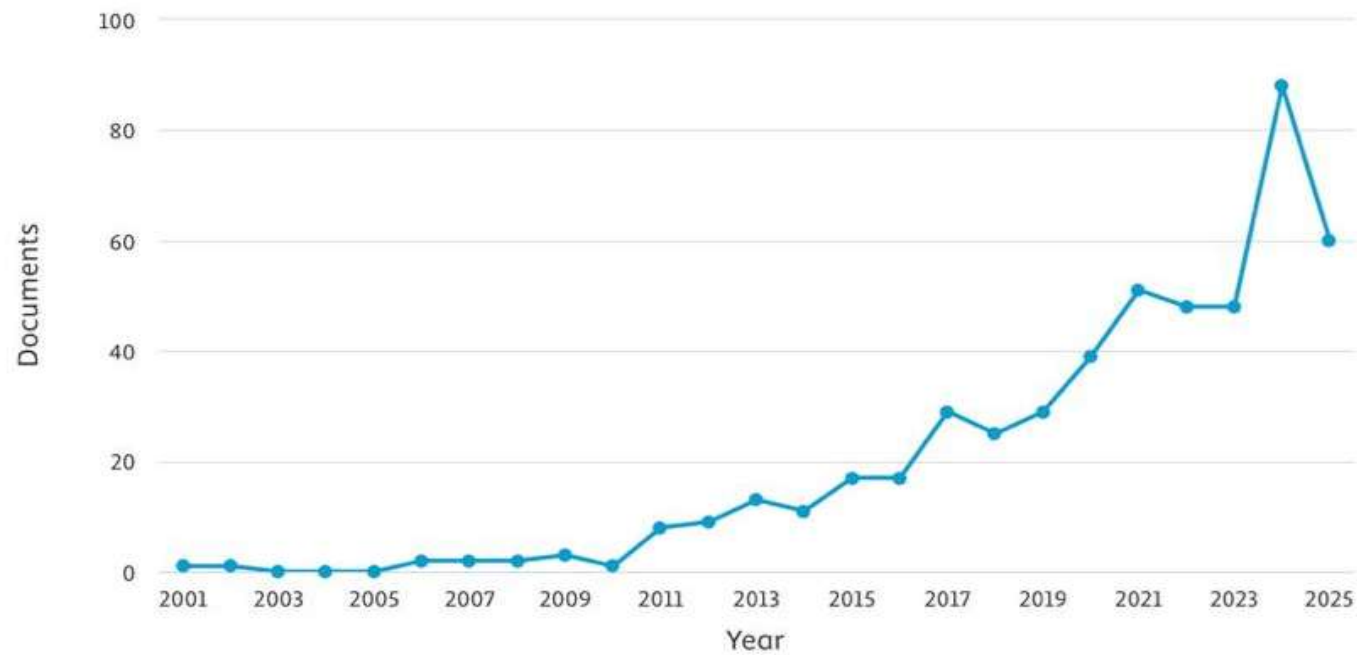
**Aim: map global research trends on
exercise-based interventions on SUD**

Methods

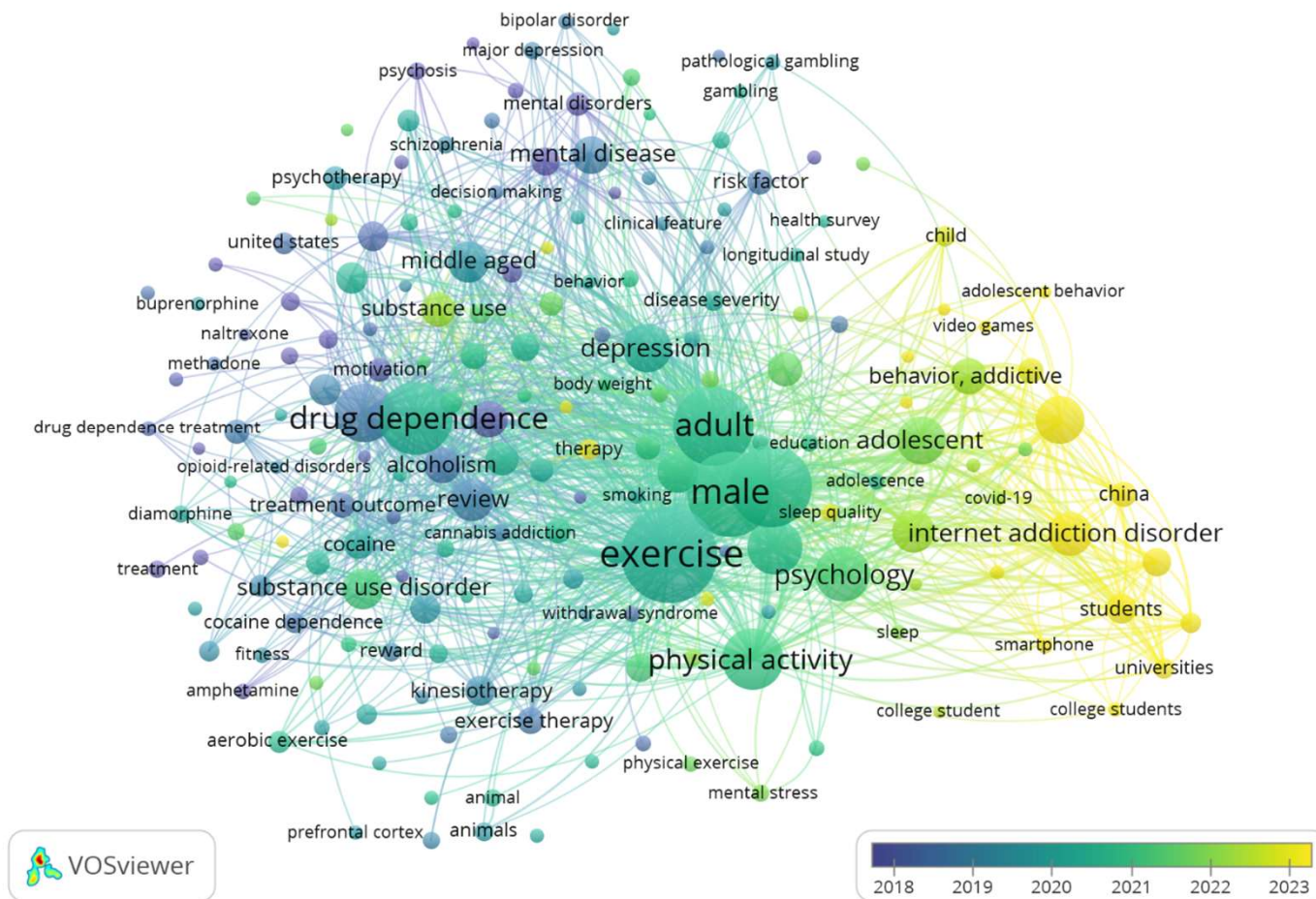


Research Growth

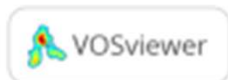
Documents by year



Thematic Evolution



Global Collaboration



→ Collaboration networks continue to expand in high income country



Most Cited Article

Rank	Author	Year	Article	Citations
1	Apodaca T.R.; Longabaugh R.	2009	Mechanisms of change in motivational interviewing: a review and preliminary evaluation of the evidence	394
2	Davis C.; Carter J.C.	2009	Compulsive Overeating as an Addiction Disorder. A review of Theory and Evidence	360
3	Ashdown-Franks G et al	2020	<u>Exercise as Medicine for Mental and Substance Use Disorders: A Meta-review of the Benefits for Neuropsychiatric and Cognitive Outcomes</u>	291
4	Wang D.; Wang Y.; Wang Y.; Li R.; Zhou C.	2014	<u>Impact of Physical Exercise on Substance Use Disorders: A Meta-Analysis</u>	274
5	Lippi G.; Henry B.M.; Bovo C.; Sanchis-Gomar F.	2020	Health Risks and Potential Remedies During Prolonged Lockdowns for Coronavirus Disease 2019 (COVID-19)	259
6	Ströhle A et al	2007	<u>Physical Activity and Prevalence and Incidence of Mental Disorders in Adolescents and Young Adults</u>	238
7	Keshavan M.S et al	2014	Cognitive Training in Mental Disorders: Update and Future Directions	231
8	Zschucke E.; Gaudlitz K.; Ströhle A.	2013	<u>Exercise and Physical Activity in Mental Disorders: Clinical and Experimental Evidence</u>	199
9	Courtney K.E et al	2015	Neural Substrates of Cue Reactivity: Association <u>With</u> Treatment Outcomes and Relapse	182
10	Petry N.M.; Zajac K.; Ginley M.K.	2018	Behavioral Addictions as Mental Disorders: To Be or Not <u>To</u> Be?	176



Exercise based Approaches & Future Directions

Emerging research niche but what exercise is the best? How does it work?

- Compare different **exercise modalities** (aerobic, resistance, combined exercise).
- Determine the optimal dose, intensity, and duration for different SUD populations → **FITT**
- **Mechanistic studies**: FMRI, EEG, inflammatory biomarker, cognitive assessment, etc

Increasing links with rehabilitation and mental health

- **Integrated exercise** with psychotherapy and examine psychosocial outcomes → resilience, motivation, quality of life, and social functioning.
- **PT and Sports doctor** in rehab setting

Behaviour addiction → behaviour replacement

- Exercise as **behavioral intervention**
- **Digital technology** to improve adherence → mobile apps, wearable techs, tele-exercise
- **Community-based exercise** to sustain recovery



Conclusion

BEYOND PHARMACOTHERAPY:

Exercise is increasingly recognized as part of a **broader multidisciplinary research agenda** for **SUD rehabilitation**.

Research has evolved → **physical** outcome →
physical, psychological, cognitive, behavioral perspective

Integrate it to comm-based rehab program



THANK YOU

