



Correction

Correction: Giménez-Meseguer, J., Tortosa-Martínez, J., Cortell-Tormo, J. M. The Benefits of Physical Exercise on Mental Disorders and Quality of Life in Substance Use Disorders Patients. Systematic Review and Meta-Analysis. *International Journal of Environment Research and Public Health*. 2020, 17, 3680

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The authors wish to make the following corrections to this paper [1]:

On page 1, in the abstract, lines 17–22, the paragraph “An effect of exercise on mental disorders (standardized mean differences (SMD) = 0.66 (confidence interval (CI): 0.46, 0.86); $z = 6.50$; $p < 0.00001$) and quality of life (SMD = 0.69 (95% CI: 0.53, 0.84); $z = 8.65$; $p < 0.00001$) was identified. Subgroup analysis revealed an effect of exercise in craving (SMD = 0.80 (CI: 0.07, 1.53); $z = 2.15$, $p = 0.03$), stress (SMD = 1.11 (CI: 0.31, 1.91); $z = 2.73$; $p = 0.006$), anxiety (SMD = 0.50 (CI: 0.16, 0.84); $z = 2.88$; $p = 0.004$) and depression (SMD = 0.63 (CI: 0.34, 0.92); $z = 4.31$; $p < 0.0001$)” should be “An effect of exercise on quality of life and mental disorders was identified. Subgroup analysis revealed an effect of exercise on stress (SMD = 1.11 (CI: 0.31, 1.91); $z = 2.73$; $p = 0.006$), anxiety (SMD = 0.50 (CI: 0.16, 0.84); $z = 2.88$; $p = 0.004$) and depression (SMD = 0.63 (CI: 0.34, 0.92); $z = 4.31$; $p < 0.0001$), and an effect of exercise on the eight variables included in the SF36 test. The results also showed a trend towards a positive effect on craving (SMD = 0.89 (CI: -0.05, 1.82); $z = 1.85$, $p = 0.06$)”.

On page 23, lines 6–7, the sentence “The results show also a significant effect of exercise on craving ($k = 3$; SMD = 0.80 (CI: 0.07, 1.53); $z = 2.15$; $p = 0.03$)” should be “The results also show a trend towards a positive effect of exercise on craving ($k = 3$; SMD = 0.89 (CI: -0.05, 1.82); $z = 1.85$; $p = 0.06$)”.

On page 29, lines 21–23, the sentence “Likewise, the results of the meta-analysis reinforce the conclusion that exercise can be a good way to reduce craving levels, finding a high effect of exercise on this variable” should be “The results of the meta-analysis show also a trend towards a positive effect of exercise on craving”.

The authors would like to apologize for any inconvenience caused to the readers by these changes.

Reference

1. Mullard, A. The Benefits of Physical Exercise on Mental Disorders and Quality of Life in Substance Use Disorders Patients. Systematic Review and Meta-Analysis. *Int. J. Environ. Res. Public Health* **2020**, *17*, 3680. [CrossRef]



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