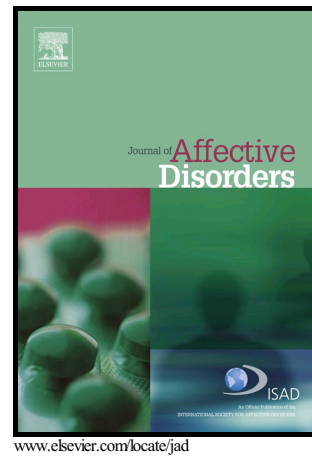


## Author's Accepted Manuscript

Exercise as a treatment for depression: A meta-analysis

Siri Kvam, Catrine Lykkedrang Kleppe, Inger Hilde Nordhus, Anders Hovland



PII: S0165-0327(15)31422-1  
DOI: <http://dx.doi.org/10.1016/j.jad.2016.03.063>  
Reference: JAD8239

To appear in: *Journal of Affective Disorders*

Received date: 15 December 2015  
Revised date: 29 February 2016  
Accepted date: 12 March 2016

Cite this article as: Siri Kvam, Catrine Lykkedrang Kleppe, Inger Hilde Nordhu and Anders Hovland, Exercise as a treatment for depression: A meta-analysis *Journal of Affective Disorders*, <http://dx.doi.org/10.1016/j.jad.2016.03.063>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain

## Exercise as a treatment for depression: A meta-analysis

Siri Kvam<sup>1\*</sup>, Catrine Lykkedrang Kleppe<sup>2</sup>, Inger Hilde Nordhus<sup>3</sup>, and Anders Hovland<sup>3,4</sup>

<sup>1</sup>Sogndal Child and Adolescent Psychiatric Outpatient Clinic, Division of Medicine,

District General Hospital of Førde, Norway

<sup>2</sup>Child Habilitation Unit, Department of Pediatrics, Sørlandet Hospital, Norway

<sup>3</sup>Department of Clinical Psychology, University of Bergen, Norway

<sup>4</sup>Solli District Psychiatric Centre (DPS), Norway

\*Corresponding author: Siri Kvam, Heidmannsgate 71, 2317 Hamar, Norway, Phone: + 47 92203468. Email: siri.kvam@gmail.com

### Abstract

#### Background

This meta-analysis of randomized controlled trials (RCTs) examines the efficacy of physical exercise as treatment for unipolar depression, both as an independent intervention and as an adjunct intervention to antidepressant medication.

#### Methods

We searched PsycINFO, EMBASE, MEDLINE, CENTRAL, and Sports Discus for articles published until November 2014. Effect sizes were computed with random effects models.

The main outcome was reduction in depressive symptoms or remission.

#### Results

A total of 23 RCTs and 977 participants were included. Physical exercise had a moderate to large significant effect on depression compared to control conditions ( $g = -0.68$ ), but the effect was small and not significant at follow-up ( $g = -0.22$ ). Exercise compared to no intervention yielded a large and significant effect size ( $g = -1.24$ ), and exercise had a moderate and significant effect compared to usual care ( $g = -0.48$ ). The effects of exercise when compared to psychological treatments or antidepressant medication were small and not

Download English Version:

<https://daneshyari.com/en/article/6229924>

Download Persian Version:

<https://daneshyari.com/article/6229924>

[Daneshyari.com](https://daneshyari.com)