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Passive and Mentally-Active Sedentary Behaviors and Incident Major Depressive Disorder: a 13-Year Cohort Study

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Highlights

- Associations between different types of sedentary behaviors with depression have not been examined systematically.
- We explored longitudinal relationships of passive (e.g. watching TV) and mentally-active (e.g. office-work) sedentary behaviors with incident major depressive disorder (MDD) in adults.
- Mentally-active sedentary behaviors may have beneficial effects on adults' mental well-being.
- These effects are largely independent of habitual physical activity levels.

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