

Author's Accepted Manuscript

Walking away from Depression- Motor Activity
Increases Ratings of Mood and Incentive Drive in
Patients with Major Depression

Bettina Heike Bewernick, Anne Sarah Urbach,
Arndt Bröder, Sarah Kayser, Thomas Eduard
Schlaepfer



PII: S0165-1781(16)30309-2
DOI: <http://dx.doi.org/10.1016/j.psychres.2016.09.009>
Reference: PSY9943

To appear in: *Psychiatry Research*

Received date: 18 February 2016
Revised date: 8 September 2016
Accepted date: 8 September 2016

Cite this article as: Bettina Heike Bewernick, Anne Sarah Urbach, Arndt Bröder Sarah Kayser and Thomas Eduard Schlaepfer, Walking away from Depression: Motor Activity Increases Ratings of Mood and Incentive Drive in Patients with Major Depression, *Psychiatry Research* <http://dx.doi.org/10.1016/j.psychres.2016.09.009>

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

Walking away from Depression-Motor Activity Increases Ratings of Mood and Incentive Drive in Patients with Major Depression

Bettina Heike Bewernick^a, Anne Sarah Urbach^b, Arndt Bröder^c, Sarah Kayser^d, Thomas Eduard Schlaepfer^{a,e,*}

^aDepartment of Psychiatry and Psychotherapy, University Hospital Bonn, Germany

^bDepartment of Psychosomatic Medicine and Psychotherapy, University Hospital Bonn, Germany

^cChair of Experimental Psychology, School of Social Sciences, University of Mannheim, Germany

^dDepartment of Psychiatry and Psychotherapy, University Hospital Mainz, Germany

^eDepartments of Psychiatry and Mental Health, The Johns Hopkins University, Baltimore, MD, U.S.A.

* **Corresponding author:** Thomas E. Schlaepfer, MD Department of Psychiatry and Psychotherapy University Hospital Sigmund-Freud-Straße 25 53105 Bonn, Germany. Tel.: +49-228-287-15715; fax: +49-228-287-15025. schlaepf@jhmi.edu

Abstract

Reduced motor activity is associated with depression. Lewinsohn's cognitive behavioural model of depression assumes a lack of positive experience due to a reduced level of activity as a key aspect of depression. The acute relationship between motor activity and mood as well as between motor activity and incentive drive (the motivation to engage in activities) is unknown. An augmentation of mood and incentive drive could precede or follow motor activity. We examined (1) whether motor activity would be correlated with the course of depression and (2) the temporal relationship between motor activity and acute changes in mood and incentive drive.

Motor activity was measured with actigraphy in 12 patients with depression for one week. Severity of depression was assessed before and at the end of the study with depression rating scales. The patients reported mood and incentive drive once per

Download English Version:

<https://daneshyari.com/en/article/4933642>

Download Persian Version:

<https://daneshyari.com/article/4933642>

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