

## Accepted Manuscript

Title: The impact of an add-on video assisted structured aerobic exercise module on mood and somatic symptoms among women with depressive disorders: study from a tertiary care centre in India

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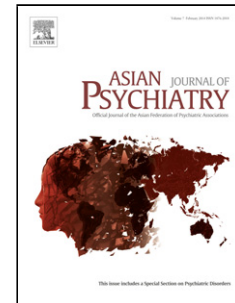
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**TITLE**

The impact of an add-on video assisted structured aerobic exercise module on mood and somatic symptoms among women with depressive disorders: study from a tertiary care centre in India

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**Highlights**

- Depression is widely prevalent in women in all age groups especially in India.
- Traditional treatments including psychotherapy and antidepressants are not always effective.
- Aerobic exercises, including jogging, cycling, walking and dancing, have been proved to reduce depression.
- The module of aerobic exercise was designed with the guidance of experts from the field of aerobics and mental health, suiting to Indian context.

**ABSTRACT****Background**

The evidence in favor of exercise as a treatment for depression is compelling, but what kind of exercise, how much, how often, and at what intensity is necessary to make a significant difference. There is serious dearth of such data from India, in particular. We examined the impact of low-moderate intensity aerobic exercises on mood and somatic symptoms among women with depressive disorders.

**Methods**

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