

## Accepted Manuscript

Sprint interval training (SIT) substantially reduces depressive symptoms in major depressive disorder (MDD): A randomized controlled trial

Alice Minghetti , Oliver Faude , Henner Hanssen , Lukas Zahner , Markus Gerber , Lars Donath

PII: S0165-1781(18)30107-0  
DOI: [10.1016/j.psychres.2018.04.053](https://doi.org/10.1016/j.psychres.2018.04.053)  
Reference: PSY 11382



To appear in: *Psychiatry Research*

Received date: 16 January 2018  
Revised date: 6 April 2018  
Accepted date: 23 April 2018

Please cite this article as: Alice Minghetti , Oliver Faude , Henner Hanssen , Lukas Zahner , Markus Gerber , Lars Donath , Sprint interval training (SIT) substantially reduces depressive symptoms in major depressive disorder (MDD): A randomized controlled trial, *Psychiatry Research* (2018), doi: [10.1016/j.psychres.2018.04.053](https://doi.org/10.1016/j.psychres.2018.04.053)

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 proof before it is published in its final 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.

**Highlights:**

- Sprint interval training and continuous aerobic exercise training are safe exercise modalities for patients suffering from major depressive disorder, with both modalities improving BDI-II scores and physical fitness parameters
- Exercise can be applied as complementary treatment option in a supervised clinical setting in patients suffering from MDD even during short-term clinical stays.
- Exercise should be included in clinical care for MDD and tailored according to individual preferences.

ACCEPTED MANUSCRIPT

Download English Version:

<https://daneshyari.com/en/article/6811503>

Download Persian Version:

<https://daneshyari.com/article/6811503>

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