Accepted Manuscript

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PII: S0091-7435(16)30313-9

DOI: doi: 10.1016/j.ypmed.2016.10.011

Reference: YPMED 4812

To appear in: Preventive Medicine

Received date: 7 June 2016 Revised date: 4 October 2016 Accepted date: 13 October 2016



Please cite this article as: Schuch Felipe B., Vancampfort Davy, Sui Xuemei, Rosenbaum Simon, Firth Joseph, Richards Justin, Ward Philip B., Stubbs Brendon, Are lower levels of cardiorespiratory fitness associated with incident depression? A systematic review of prospective cohort studies, *Preventive Medicine* (2016), doi: 10.1016/j.ypmed.2016.10.011

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ACCEPTED MANUSCRIPT

Are lower levels of cardiorespiratory fitness associated with incident depression? A systematic review of prospective cohort studies

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Number of words:

Abstract: 163
Main text: 3455

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