# **Accepted Manuscript**

Heart Rate Variability Alterations in Late Life Depression: A Meta-analysis

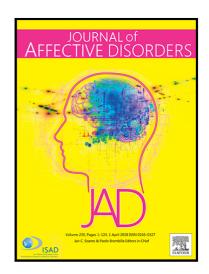
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### ACCEPTED MANUSCRIPT

## **Highlights**

- Heart rate variability (HRV) is a physiological mechanism that may help explain the link between depression and heart disease, but no meta-analysis has yet examined HRV alterations in depressed older adults.
- This meta-analysis demonstrates that HRV is reduced among depressed older adults, and this finding cannot be fully explained by antidepressant use.
- Specifically, low frequency HRV may be reduced among depressed older adults
- Future research should aim to examine exactly how and why HRV is reduced in later life depression, and consider trialing interventions designed to increase HRV.

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