

Author's Accepted Manuscript

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PII: S0165-0327(17)30458-5
DOI: <https://doi.org/10.1016/j.jad.2017.11.002>
Reference: JAD9316

To appear in: *Journal of Affective Disorders*

Received date: 2 March 2017
Revised date: 30 August 2017
Accepted date: 2 November 2017

Cite this article as: Lizabeth A. Goldstein, Wolf E. Mehling, Thomas J. Metzler, Beth E. Cohen, Deborah E. Barnes, Gerard J. Choucroun, Aliza Silver, Lisa S. Talbot, Shira Maguen, Jennifer A. Hlavin, Margaret A. Chesney and Thomas C. Neylan, Veterans Group Exercise: A Randomized Pilot Trial of an Integrative Exercise Program for Veterans with Post-Traumatic Stress, *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2017.11.002>

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Lizabeth A. Goldstein^{a,b1}, Wolf E. Mehling^{c,d}, Thomas J. Metzler^{a,e}, Beth E. Cohen^{a,e,f}, Deborah E. Barnes^{a,b,e,g}, Gerard J. Choucroun^{a,e}, Aliza Silver^{a,e}, Lisa S. Talbot^{a,b}, Shira Maguen^{a,b,e}, Jennifer A. Hlavin^{a,e}, Margaret A. Chesney^d, Thomas C. Neylan^{a,b,e}

^aSan Francisco Veterans Affairs Medical Center, San Francisco, CA, United States

^bDepartment of Psychiatry, University of California, San Francisco, CA, United States

^cDepartment of Family and Community Medicine, University of California, San Francisco, CA, United States

^dOsher Center for Integrative Medicine, University of California, San Francisco, CA, United States

^eNorthern California Institute for Research and Education, San Francisco, CA, United States

^fDepartment of Medicine, University of California, San Francisco, CA, United States

^gDepartment of Epidemiology and Biostatistics, University of California, San Francisco, CA, United States

Abstract

Background

Posttraumatic stress disorder (PTSD) is prevalent among military veterans and is associated with significant negative health outcomes. However, stigma and other barriers to care prevent many veterans from pursuing traditional mental health treatment. We developed a group-based integrative exercise (IE) program combining aerobic and resistance exercise, which is familiar to veterans, with mindfulness-based practices suited to veterans with PTSD. This study aimed to evaluate the effects of IE on PTSD symptom severity and quality of life, as well as assess the feasibility and acceptability of IE.

¹ Corresponding author. Address: San Francisco Veterans Affairs Medical Center, 4150 Clement Street (116P), San Francisco, CA, 94121, USA. Telephone: (415) 221-4810 x25437. Fax: (415) 750-6987. E-mail address: Lizabeth.Goldstein2@va.gov

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