

## Customary physical activity and odds of depression: A systematic review and meta-analysis of 111 prospective cohort studies.

### The Objective:

To explore whether physical activity is inversely associated with the onset of depression

### What They Did:

Searches yielded 111 reports including over 3 million adults sampled from 11 nations in 5 continents included in this systematic and meta-analysis review of prospective cohort studies in adults, reporting associations between physical activity and depression

### What They Found:

This systematic review of 111 studies of more than 3 million people found that lower odds of depression outcomes were associated with:

- ◆ Physical activity was associated with 22% lower adjusted odds of study participants having incident depression or an increase in subclinical symptoms
- ◆ Lower odds of depression outcomes were associated with:
  - ◆ Any level of physical activity mitigates depression risk, but relatively moderate-vigorous physical activity was associated with lower odds of depression more than light physical activity
  - ◆ Increases in physical activity exposure across time

### Clinical Implications:

- ◆ That there is a temporal association of physical activity with primary prevention of depression
- ◆ Individuals who meet public health recommendations of exercise 150-300 minutes of moderate intensity aerobic exercise per week or 75-150 minutes of vigorous exercise per week and two resistance-based exercise sessions per week have a significantly lower risk of developing depression than those who do not meet these recommendations
- ◆ Further research is required to be conducted to identify the dose-response relationship between physical activity and depression

#### Reference

Dishman, R et al. (2021). Customary physical activity and odds of depression: a systematic review and meta-analysis of 111 prospective cohort studies. *British Journal of Sports Medicine*.

