

The therapeutic impact of a recreational exercise program on patients with major depressive disorder

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This study aimed to evaluate the effects of exercise on patients with moderate to severe major depression. It included 40 inpatients with major depression, half of them shared in a recreational aerobic exercise program for 16 days. A global improvement rate was around 47% in the exercise group and 31% in the non-exercise one. The exercise group showed a significant improvement in all symptoms of depression, subjective personality assessment scales and Eysenck's personality dimensions more than non-exercise group. Recreational exercise seemed to be a promising new approach in the treatment of depressive disorders of different severities and was recommended to be included in the management program of the ward.