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The feasibility and preliminary effectiveness of an exercise program in patients with depression

Noriko Takeda^{1, 2}, Sunao Uchida²

¹Japan Society for the Promotion of Science

² Faculty of Sport Sciences, Waseda University

OBJECTIVE: To investigate the preliminary effectiveness, feasibility and acceptability of an exercise program for the patients with depression and related mental illness

DESIGN: Single-arm study

SETTING: Psychiatry clinic

PARTICIPANTS: Thirty-one patients (age: 26-56 years) who was participating a return-to-work program following mental health problems

METHODS: Participants attended the exercise program once a week in the gym during the return-to-work program participation. The exercise program was 60 minutes per session, and consisted of aerobic exercise and muscle training. We evaluated participants' depressive symptom by Beck Depression Inventory (BDI) at baseline and every month. Aerobic capacity and morphometry were measured as secondary outcomes.