

## Examining the Relationship Between Trait Energy and Fatigue and Feelings of Depression in Young Healthy Adults

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### ABSTRACT

Depression is usually co-morbid with fatigue. However, we are unaware of studies exploring the relationship between trait energy and fatigue and feelings of depression. Recent evidence suggests that energy and fatigue are two distinct moods. **PURPOSE:** To examine the association between trait mental and physical energy and fatigue and feelings of depression, within an otherwise healthy young adult cohort. **METHODS:** Using a cross-sectional design, healthy respondents (n=495) completed a series of self-reported surveys measuring depression, lifestyle factors (sleep, diet, physical activity), and trait mental and physical energy and fatigue. Using a step-wise regression, we controlled for demographics and lifestyle and added trait mental and physical energy and fatigue to the second model. **RESULTS:** When trait mental and physical energy and fatigue were added to the models, the adjusted R<sup>2</sup> increased by 5% (R<sup>2</sup> = .112, F(13, 457) = 4.455, p < .001). In our second model, trait mental fatigue was the only significant predictor of depressive mood states (B = .159, t (457) = 2.512, p = 0.01). **CONCLUSION:** Young adults, who struggle with high mental fatigue, may also be more likely to report feeling depressed suggesting that fatigue and depression are co-morbid, while low energy and depression are not. Future research should aim to identify epigenetic/genetic factors that influence mental fatigue and how those may be associated with feelings of depression.