Physical activity and exercise were receiving a great attention as a strategy of prevention and treatment of affective and some anxiety disorders. Many studies have showed the efficacy of exercise in major depression and at depressed episode of bipolar patients, as well as, some authors shows the benefits of exercise in some anxiety disorders like Generalized Anxiety Disorder and Panic. Despite their efficacy, little is known concerning the main mechanisms related to the antidepressant and anxiolytic effects of exercise. Several studies in an animal model using Neurotrophic Factors, Oxidative Stress, Immunologic response and other biological markers reveal promising results. However, few studies were conducted in clinical samples. Additional to the antidepressant and anxiolytic effects, exercise appears improve QoL in major depressed, bipolar and anxiety patients. Theoretically, this increase may be associated with cognitive improvements, improvements at sleep quality, physical functioning, as well as other psychological issues as self-esteem, self-concept, and general well-being. The propose of this topic is to address the novelty and most recent research, related to antidepressant and anxiolytic effects of physical activity and exercise in patients with affective and anxiety disorders, as well as the issues associated with QoL improvement. The topic is looking for: â€“ Clinical trials using exercise and physical activity as a treatment affective and anxiety disorders. â€“ Studies investigating the optimal prescription factors (dose, volume, intensity, setting, frequency) associated with antidepressant and anxiolytic effects of physical activity and exercise for affective and anxiety disorder patients. â€“ Original studies, comprehensive reviews, hypothesis and opinions concerning the mechanisms of antidepressant and anxiolytic effects of physical activity and exercise in affective and anxiety disorder patients. â€“ Original studies, comprehensive reviews, hypothesis and opinions concerning other benefits of physical activity and exercise like: cognition, weight gain prevention and QoL in affective and anxiety disorder patients. â€“ Translational research. â€“ Studies of cost-efficacy analysis.

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Physical Exercise Interventions for Mental Health, Linda C. W. Lam, Feb 18, 2016, Exercise is well known to be beneficial to physical health; however, increasing research indicates that physical exercise is also beneficial to brain health and may alleviate, Medical, ISBN:9781107097094, 208 pages

The beneficial effects of regular physical activity on health are indisputable in the field of modern medicine. Exercise is often the first step in lifestyle modifications for the prevention and management of chronic diseases. According to a US Department of Health and Human. Although an active lifestyle has always been recognized as the best way to achieve health in the entire history of civilization, over the last two decades, the concept of exercise as medicine (1), or as a preventive method, became increasingly accepted. Some authors. The increasing burden of major depressive disorder makes the search for an extended understanding of etiology, and for the development of additional treatments highly significant. Biological factors may be useful biomarkers for treatment with physical activity.
Mental illness presents a growing disease burden, with worldwide prevalence estimates between 18 and 36% (1). In the USA, the prevalence of affective disorders including unipolar depression and bipolar disorder (BD) is around 20% (2, 3). While psychotropic medications. Exercise is receiving substantial and increasing attention as a potential treatment for depression. Despite the many positive meta-analytical findings recommendations of some guidelines to incorporate exercise as a treatment for depression (National Institute for Health).

Physical activity and exercise were receiving a great attention as a strategy of prevention and treatment of affective and some anxiety disorders. Many studies have showed the efficacy of exercise in major depression and at depressed episode of bipolar patients. Regular physical activity exerts positive effects on anxiety disorder symptoms, although the biological mechanisms underpinning this effect are incompletely.

Current concepts of the neurobiology of stress-related disorders, such as anxiety and depression emphasize disruptions in neural plasticity and neurotrophins. The potent trophic actions of exercise, therefore, represent not only an effective means for prevention. This review focuses on Meditative Movement (MM) and its effects on anxiety, depression, and other affective states. MM is a term identifying forms of exercise that use movement in conjunction with meditative attention to body sensations, including proprioception.

A possibility that has received much less attention is the possibility that participation in physically active recreational activities may lead to better quality of life outcomes. The epidemiologic data presented here suggests that it does. Improving physical quality of life with group physical activity.