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Amount of walking and level of depression: Cross sectional study

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Introduction: Depression is a common mental disorder. It is managed by anti-depressant drugs, psychotherapy sessions or both. Physical activity may improve depressive symptoms. We aim in this study to know the effect of walking on depression and depressive symptoms and the relationship between walking and depression among Arabic population.

Method: An online cross sectional survey, written in Arabic language targeting both males and females' Arabic speakers from age 18 and above, we used an Arabic translation version of Beck's Depression Inventory to assess depressive symptoms with other questions about physical activity (30 minutes or more per session).

Result: 1368 participants, 64.7% female and 35.3% male were included. Of the total participants, 55.9% are not walking regularly and 44.1% are walking on regular basis. Of total, 56.2% are not depressed, while 43.8% are suffering from depression. In the group who are not depressed, 47.6% are not walking and 52.4% are walking regularly. Among those who walk, 9.6% are walking once per week, 12.9% are walking twice per week, and 29.9% are walking three times or more per week. In the group who are depressed, 66.6% are not walking regularly while 33.4% are walking regularly. Among those who walk, 8.2% are walking once per week, 7.7% are walking twice per week, and 17.5% are walking 3 times or more per week.

Conclusion: These findings underscore the need for Increasing awareness of impact of physical activity in psychological well being. Further controlled study may focus on possibility of Brain changes secondary to physical activity.

Biography

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