



Advertisement

Ads by Google

[Stop seeing this ad](#) [Why this ad? ⓘ](#)

## Acta Psychiatrica Scandinavica

Original Article

### Physical activity and depression: a large cross-sectional, population-based study across 36 low- and middle-income countries

B. Stubbs A. Koyanagi, F. B. Schuch, J. Firth, S. Rosenbaum, N. Veronese, M. Solmi, J. Mugisha, D. Vancampfort

First published: 05 October 2016 | <https://doi.org/10.1111/acps.12654> | Citations: 49

RemotExs

[Read the full text >](#)[PDF](#) [TOOLS](#) [SHARE](#)

#### Abstract

##### Objective

Physical activity (PA) is good for health, yet several small-scale studies have suggested that depression is associated with low PA. A paucity of nationally representative studies investigating this relationship exists, particularly in low- and middle-income countries (LMICs). This study explored the global association of PA with depression and its mediating factors.

##### Method

Participants from 36 LMICs from the World Health Survey were included. Multivariable logistic regression analyses were undertaken exploring the relationship between PA and depression.

##### Results

Across 178 867 people (mean  $\pm$  SD age = 36.2  $\pm$  13.5 years; 49.9% male), the prevalence of depression and the prevalence of low PA were 6.6% and 16.8% respectively. The prevalence of low PA was significantly higher among those with depression vs. no depression (26.0% vs. 15.8%,  $P < 0.0001$ ). In the adjusted model, depression was associated with higher odds for low PA (OR = 1.42; 95% CI = 1.24–1.63). Mediation analyses demonstrated that low PA among people with depression was explained by mobility limitations (40.3%), pain and discomfort (35.8%), disruptions in sleep and energy (25.2%), cognition (19.4%) and vision (10.9%).

##### Conclusion

Individuals with depression engage in lower levels of PA in LMICs. Future longitudinal research is warranted to better understand the relationships observed.

[Citing Literature](#) [Supporting Information](#) Volume 134, Issue 6  
December 2016  
Pages 546-556

Advertisement

Ads by Google

[Stop seeing this ad](#)[Why this ad? ⓘ](#)

Related



Information

#### Metrics

Citations: 49

45

#### Details

© 2016 John Wiley &amp; Sons A/S. Published by John Wiley &amp; Sons Ltd

#### Research Funding

National Institute for Health Research  
Collaboration for Leadership in Applied  
Health Research & Care Funding

MRC Doctoral Training Grant

Research Foundation – Flanders (FWO-  
Vlaanderen)Miguel Servet. Grant Numbers:  
CP13/00150, P115/00862ISCIII – General Branch Evaluation and  
Promotion of Health ResearchEuropean Regional Development Fund  
(ERDF-FEDER)

#### Keywords

[physical activity](#) [depression](#)  
[exercise](#) [major depression](#)

#### Publication History

[Download PDF](#)[About Wiley Online Library](#)[Help & Support](#)[Opportunities](#)[Connect with Wiley](#)[Privacy Policy](#)[Contact Us](#)[Subscription Agents](#)[The Wiley Network](#)[Terms of Use](#)[DMCA & Reporting Piracy](#)[Advertisers & Corporate  
Partners](#)[Wiley Press Room](#)[Cookies](#)[Accessibility](#)