



Advertisement

**Call for Papers on  
Alzheimer's and  
Dementia**

For publication in a 2022 Special Issue from  
*Psychiatric Research and Clinical Practice*  
**Due: April 30, 2022**



International Journal of  
**Geriatric Psychiatry**

RESEARCH ARTICLE

## Correlates of physical activity among depressed older people in six low-income and middle-income countries: A community-based cross-sectional study

Davy Vancampfort , Brendon Stubbs, Nicola Veronese, James Mugisha, Nathalie Swinnen, Ai Koyanagi

First published: 10 October 2017 | <https://doi.org/10.1002/gps.4796> | Citations: 10

[RemoteXs](#)

### Abstract

#### Objective

Despite the benefits of physical activity (PA) in older people with depression, many do not

[Read the full text >](#)

 PDF  TOOLS  SHARE

depression in 6 low-income and middle-income countries (LMICs).

#### Methods

Cross-sectional data were analyzed from the World Health Organization's Study on Global Ageing and Adult Health. The sample was restricted to those with DSM-IV depression or receiving depression treatment in the last 12 months. PA was assessed by the Global Physical Activity Questionnaire. Participants were dichotomized into low (ie, not meeting 150 minutes of moderate PA per week) and moderate-to-high physically active groups. Associations between PA and a range of correlates were examined using multivariable logistic regressions.

#### Results

The prevalence of low PA was 40.4% (95%CI = 34.8%–46.1%). After adjusting for age, sex, and country, larger household size and unemployment were significant sociodemographic correlates of low PA. Former smoking (vs never), anxiety, mild cognitive impairment (MCI), lower body mass index, bodily pain, asthma, chronic back pain, chronic obstructive pulmonary disease, hearing problems, stroke, slow gait, poor self-rated health, higher levels of disability, and lower levels of social cohesion were identified as significant negative correlates of PA.

#### Conclusions

The current data provide guidance for future interventions across LMICs to assist older people with depression engage in regular PA. The promotion of social cohesion may increase the efficacy of future public health initiatives, while from a clinical perspective, somatic co-morbidities, MCI, pain, and slow gait need to be considered.



[Volume 33, Issue 2](#)

February 2018

Pages e314-e322

Advertisement

**LAPI 22**  
Latest Advances in Psychiatry  
**INTERNATIONAL**  
Psychiatry after Covid

[Register now](#)



Related



Information

### Recommended

[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

[Acta Psychiatrica Scandinavica](#)

[Demographic and clinical correlates of accelerometer assessed physical activity and sedentary time in lung cancer survivors](#)

Adrijana D'Silva, Gwyn Bebb, Terry Boyle, Steven T. Johnson, Jeff K. Vallance

[Psycho-Oncology](#)

[Physical activity and loneliness among adults aged 50 years or older in six low- and middle-income countries](#)

Davy Vancampfort, Elvira Lara, Lee Smith, Simon Rosenbaum, Joseph Firth, Brendon Stubbs, Mats Hallgren, Ai Koyanagi

[International Journal of Geriatric Psychiatry](#)