

عنوان مقاله:

Relationship between active lifestyle and mental health in Isfahan Citizenship

محل انتشار:

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نویسنده:

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خلاصه مقاله:

Background: There is widespread recognition of the effect of Active lifestyle on mental health. The authors examined the relationships between physical activity and mental health. Materials and methods: Participating in the study were 677 voluntary subjects (49% men, 51% women) with a mean age of 39 years. The short form of the International Physical Activity Questionnaire was used to estimate the level of physical activity. Mental health was assessed using the Composite International Diagnostic Interview, the Epidemiological Studies Depression Scale (CES-D), and the General Health Questionnaire (GHQ). Logistic regression analysis was used to compare the prevalence of CES-D and GHQ cases and psychiatric disorders among the following physical activity categories: inactive, minimally active, and health-enhancing physical activity (HEPA) active. Result and discussion: Association was observed between physical activity and general mental health. The optimal threshold volume for mental health benefits was of 2.5 to 7.5 h of weekly physical activity. The associations varied by gender, age, and physical health status. Individuals who engaged in the optimal amount of physical activity were more likely to have reported better mental health. Light to moderate physical activity that is performed regularly seems to be associated with more favorable mental health pattern compared with physical inactivity. No support was found for the mediating effect of AF of the physical activity mental health relationship. Conclusion: The results indicate a negative association between physical activity and depressive and anxiety disorders

کلمات کلیدی:

Active lifestyle, Mental health, Physical activity, Isfahan citizenship

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