

## عنوان مقاله:

The effect of exercise on women s depression

## محل انتشار:

سومین کنفرانس توانمندسازی جامعه در حوزه علوم انسانی و مطالعات روانشناسی (سال: 1397)

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## خلاصه مقاله:

The importance of issues in psychology and psychiatry is so much that it is still a bit like writing any volume of the book on these topics. On the other hand, the issue of women and depression is a very important issue, which despite its extraordinary importance, is in part vacant in the market for psychiatry and psychiatry in Iran. On a general look, we can say that those who come to psychiatric clinics are often women. There are two reasons for this: first, women s attention to themselves and to the surrounding environment, and as they recognize the disease of the child and the illness and affliction of the man even sooner than they themselves, they also become aware of their disease sooner and think of the treatment Or prevention. Hence their referral to a psychologist is faster. Another is the prevalence of .some mental illnesses, including depression in women

## کلمات کلیدی:

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