

Poster presentation

## **The effect of the exercise training on depression in elderly women**

Ahmad Reza Sayyadi\*, Mohammad Nazer, A Ansary and A Khleghi

Address: Rafsanjan University of Medical Sciences, Iran Rafsanjan Moradi Hospital, Iran

\* Corresponding author

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### **Background**

Depression is one of the most common psychiatric disorders in world. In Iran depression constitutes 35–45% of psychiatric disorders. Unfortunately increasing rate of this is seen. There for new ways for treatment and prophylaxis of depression must be suggested. That purpose has been "Determining effect of exercise training on depression score in elderly women convened of mashhad toos".

### **Materials and methods**

This study was a semi-experimental research. The sample size was 40 women 65–75 years old. These people were accomplishing 30 session 30–60 minute with research, exercise training program every day.

The depression score was measured by beck test and demographic data was collected by questionnaire. The depression score of samples measured before and after exercise training program.

### **Results**

The mean of depression score was 20.87 before exercise training program. And after this program was 16.4 score.

### **Discussion**

The results of this study showed that exercise training program has decreased the depression score in elderly women.