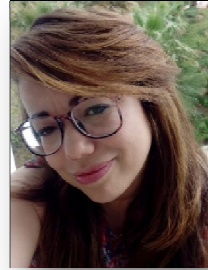


Sports therapy and Depression

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Abstract

There is a strong relationship that links exercise sports with the elimination or alleviation of psychological depression and helps to improve mood and reduce anxiety and tension, but the patient of depression should belong to a little educated class or must have sufficient awareness to be satisfied with the exercise of sports and convinced of its effectiveness in the treatment of depression is useful For adults, youth and even children. In this article we will discuss this subject more accurately and detailed and the question here is whether to play a relationship of the reduce the symptoms of depression?

ملخص اللغة العربية

هناك علاقة وطيدة تربط ممارسة الرياضة بالقضاء أو التخفيف من الإكتئاب النفسي، و تساعد على تحسين المزاج و تخفيف القلق و التوتر، لكن المريض بالإكتئاب يجب أن ينتمي إلى الطبقة المثقفة أو يجب ان يملك الوعي الكافي كي يقتنع بممارسة الرياضة و يقتنع بفعاليتها في العلاج ضد الاكتئاب وهي مفيدة للكبار في السن و الشباب و حتى الأطفال وفي هذه المقالة سنتطرق لهذا الموضوع بأكثر دقة و تفصيلا، و السؤال المطروح هنا هل لممارسة الرياضة علاقة بالقضاء أو التخفيف من أعراض الإكتئاب ؟

Depression

Depression is an illness which results in feelings of extreme sadness that interfere with your daily life. Often the terms clinical depression and depressive illness are also used to describe depression.

Symptoms of Depression

There are many varying signs of depression, which can be psychological, physical or social and interfere with your daily life to some extent.

Psychological symptoms

- Low self-esteem
- Continued feelings of sadness
- Irritability
- Feelings of hopelessness
- Teariness
- Indecisiveness
- Feelings of guilt
- Lack of motivation
- Anxiety and stress
- Loss of sex drive
- Suicidal thoughts .

(Coppolow, D. & Mitchell, P , 2001 , pp. 518 -543)

Physical symptoms

- Lack of energy
- Unexplained aches and pains
- Disturbed sleep patterns
- Changes to the menstrual cycle (in women)
- Slow speech and movement
- Changes in appetite (usually lowers)
- Sudden weight loss (or occasionally gain).
- Constipation.

Social symptoms

- Difficulties in home and family life
- Poor performance at work
- Avoidance of social activities
- Reduced interest in usual hobbies/pastimes.

Frequency

Depression is a common condition with up to 15% of the population suffering from a bout of depression at some point in their lives. This figure is however just an estimate as many people do not seek help for depression. Women are twice as likely to suffer from depression as men, although men are less likely to visit their doctor about feelings of depression.

Once you have suffered from depression once, you are more likely to have further episodes in the future. Also if depression runs in your family, you are more at risk of becoming depressed yourself.

(IQWiG (Institute for Quality and Efficiency in Health Care)

Causes of Depression

Depression can occur for many reasons. Most commonly it occurs as a reaction to a life event, such as a death, divorce, illness, redundancy or money issues. Depression can also be linked to hormone levels and so is common in women during pregnancy, miscarriage, childbirth and the menopause.

As already mentioned, depression can be hereditary. Studies have shown that a certain type of gene can be passed from parent to child which affects the levels of the chemical serotonin in the brain. This is a mood altering chemical which is thought to be lower in concentration in those who are more at risk of suffering depression.

Other risk factors include the excessive use of alcohol or recreational drugs, as well as the continued use of certain prescribed medications.

Diagnosis and Treatment

Diagnosis

There are no specific tests which can be carried out to diagnose depression and so this is done via a thorough consultation where the Doctor conducts a detailed interview regarding the patient's symptoms, emotions and life patterns or changes. The Doctor may also take blood or urine samples for testing, to rule out any conditions which can cause similar symptoms, such as an underactive thyroid.

Treatment

Treatment of depression usually combines both medication, therapy, and self-help although will vary depending on the severity of the condition and the length of time it has been a problem.

Mild or short-lived cases may not initially be prescribed antidepressant medication. Instead, the patient may be monitored over a few weeks and may also be recommended to try:

- Self-help books
- Talking to someone, whether it be a friend, family member or undertaking professional counseling.
- Exercise - this has been shown to improve spirits in many cases.

In more severe cases then antidepressant medications are usually prescribed, again in combination with counseling or cognitive behavioral therapy.

(Kvam S, and all . J 2016 .p.p 67-86.)

Medications for Depression

There are several forms of antidepressants which are available and what works well for one person may not for another. They may also result in mild to moderate side-effects.

Antidepressants take 2 to 4 weeks from when they are first taken to start having an effect. Initially, you should be seen every one to two weeks by either your Doctor or a nurse to make

sure that everything is ok with the medication. They can then administer any changes in medication or dose.

(Schuch FB, 2016; pp. 47-54)

If working, then the medication should be taken continually whilst symptoms persist and then for up to 6 months after all symptoms have gone. In persistent cases of depression, the patient may be kept on the treatment indefinitely.

The most commonly prescribed form of antidepressants is SSRI's (selective serotonin reuptake inhibitor). These are used initially in most cases of moderate to severe depression. They work by increasing the level of serotonin and other neurotransmitters in the brain. Side effects can include headaches, sleep disturbances, nausea, and anxiety, although these usually improve in time.

Research on sports and exercise for depression

Researchers from the Cochrane Collaboration – an international network of researchers – tested the benefits of sports and exercise for people with depression. They looked for any studies comparing the effect of sports and exercise programs with other treatments for depression. They found 39 studies involving nearly 2,330 people who took part in exercise programs. Most of the studies looked at the effects of jogging and Nordic walking, and a few looked at cycling and strength training. These programs ran for 1 to 16 weeks. All participants had been diagnosed with depression. Studies involving people with a depressive mood disorder or dysthymia (chronic depressive mood) were not included in the analysis.

Symptoms slightly milder

The researchers mainly wanted to find out whether participating in sports and exercise programs can relieve the symptoms of depression. Based on the results of the studies, they concluded that it has only a small effect. In other words, people who participated in exercise programs had, on average, somewhat fewer symptoms than people who did not participate and who also did not receive any other form of treatment. So the programs didn't clearly relieve the symptoms. What's more, many participants had dropped out of the programs early. This could be seen as a sign that the type of suggested exercise – usually jogging or Nordic walking – may not have been right for everyone.

There were hardly any studies comparing the different exercise programs with one another. For this reason it isn't possible to say whether the type, intensity, or frequency of physical exercise make a difference. Some studies compared exercise programs with cognitive behavioral therapy or antidepressants. These studies didn't find a clear difference compared with cognitive behavioral therapy or antidepressants. But this doesn't mean that sports and exercise are generally as effective as psychological treatments and antidepressants, or that exercise can replace other forms of treatment. In many cases, psychological treatments and/or antidepressants are absolutely necessary. Sports and exercise may then be done in addition – or they may be an alternative option for people with mild depression who don't want to start treatment right away.

Many questions remain unanswered

The review of these studies leaves many questions unanswered: Is the influence of sports and exercise different for mild, moderate and severe depression? Are sports and exercise more effective when done in groups or individually? How long does the effect last? Might it also sometimes be a bad idea to encourage someone to get more exercise? After all, it is hardly possible for people with severe depression to start becoming active in sports. This is easier for someone who has mild depression. The researchers didn't look into whether different kinds of sports and exercise are more helpful in certain situations.

Treatment for depression

With the modern therapies available, treatment of depression is highly successful. People who are depressed should not hesitate to contact their GP, who may help them resolve the problem or refer them to a mental health professional.

The type of treatment depends on the type of depression and its severity. The following treatments may be used alone or in combination.

Counselling and psychological therapies

Counselling can assist people sort out practical problems and conflicts, and help them understand the reasons for their depression. It may include specific types of intervention such as cognitive behaviour therapy (CBT), interpersonal therapy, family therapy and psychodynamic psychotherapy.

Psychosocial strategies including education, counselling and support for the person and his or her family can help with

understanding, stress management and compliance with medication.

(Cooney GM, et al. 2013; p 9)

Medication

Antidepressant drugs help to relieve the depression, restore normal sleeping patterns and appetite, and reduce anxiety. They work by modifying the activity of neurotransmitter pathways.

There are a number of categories of antidepressants, including:

- selective serotonin uptake inhibitors (SSRIs), (for example, sertraline, paroxetine)
- serotonin or noradrenalin reuptake inhibitors (SNRIs), (for example, venlafaxine)
- atypical antidepressants (for example, nefazadone and/or mirtazepine)
- tricyclic (for example, amitriptyline, doxepin)
- monoamine oxidase inhibitors (for example, phenelzine, tranylcypromine).

ECT

Electroconvulsive therapy (ECT), is a safe and highly effective treatment for the most severe forms of depression. Many misconceptions remain regarding its use, possibly owing to inaccurate depictions in the media.

The procedure involves the use of short-acting anaesthesia, muscle relaxants and oxygen, and the person is carefully monitored throughout the procedure and during recovery.

The aim is to induce a highly modified seizure, which is thought to positively influence levels of neurotransmitters, leading to improvement in mood or reduction of psychotic symptoms.

ECT may be life-saving for those at high risk of suicide or who, because of the severity of their illness, have stopped eating and drinking and may die as a result.

Depression: Can sports and exercise help?

Sports and exercise can help to relieve the symptoms of depression. It is not clear whether particular forms of exercise are more suitable than others.

Depression can have any of a number of symptoms. The most common signs include feeling down for a long time, listlessness, not enjoying things, and generally not being interested in anything – even in hobbies and activities you used to enjoy. Various treatment options and support services are available for people who have depression. Psychotherapy and medication (antidepressants) are the two main building blocks of the treatment of depression.

Sports and exercise in depression

People who have depression are often listless, and end up not getting much physical exercise. Exercise and sports – like Nordic walking, jogging, cycling, swimming or hiking – are commonly recommended to relieve or prevent depression. Many people who do sports in addition to having other treatments say that it feels good to be able to do something to fight their depression themselves. Sports offer them the opportunity to be active and to meet other people. It is also thought that doing sports has a positive effect on the brain's metabolism, and therefore also on the depression itself.

Sources

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