

評価対象論文リスト(要因:身体活動・座位行動、アウトカム:うつ病)

評価判定日:2023/8/24

①既存の系統的レビュー・メタ解析・統合解析	
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### ②日本人集団の個別研究

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### ③有力な研究

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■メタ解析、系統的レビュー

Reference			Include study					Design	Category	Relative risk (95% CI or p)	Weight	Magnitude of association
Author	Title	Year	Ref No.	First author	Year	Study period	Study location					
Morres	Aerobic exercise for adult patients with major depressive disorder in mental health services: A systematic review and meta-analysis	2019	19 studies include in systematic review					Depression	RCT	Aerobic exercise	SMD = 0.79 (0.57 to 1.01)	
Gordon	Association of Efficacy of Resistance Exercise Training With Depressive Symptoms Meta-analysis and Meta-regression Analysis of Randomized Clinical	2018	33 randomized clinical trials include in systematic review					Depression	RCT	Resistance exercise training	SMD = 0.66 (0.48 to 0.83)	
Morres	Exercise for perinatal depressive symptoms: A systematic review and meta-analysis of randomized controlled trials in perinatal health services	2022	14 randomized clinical trials include in systematic review					Perinatal depression	RCT	Exercise	SMD = 0.21 (0.11 to 0.31)	
Korcak	Children's Physical Activity and Depression: A Meta-analysis	2017	5 studies include in systematic review					Child or adolescent depression	Cross-sectional	Exercise	k = 36, r = -0.17; 95% CI = -0.23 to -0.10	
									Logitudinal		k = 14, r = -0.07; 95% CI = -0.10 to -0.04	
Bailey	Treating depression with physical activity in adolescents and young adults: a systematic review and meta-analysis of randomised controlled trials	2017	17 studies include in systematic review					Depression in 12-26y individuals	RCT	Physical activity	SMD = -0.82, 95%CI = -1.02, to -0.61	↑ or ↑ ↑ or ↑ ↑ ↑ (SMD was used)
Haruna	The effects of an exercise program on health-related quality of life in postpartum mothers: A randomized controlled trial	2013		Postpartum women	48	47	Not substantial	Single	Exercise program	Mean between group difference: 1.3 (-0.2 to 2.9)	ITT and hence no confounding adjusted for	

Huang	Sedentary behaviors and risk of depression: a meta-analysis of prospective studies	2020	Twelve prospective studies (128,553 participants) were included in the meta-analysis.	Depression	Cohort	Sedentary behavior	RR 1.10 (1.03-1.19)		↑
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