INTRODUCTION
This workshop would present the main facts of the effects of exercise on depression and to present strategies and tips for interventional programs.

According WHO (2015), depression is:
- The leading cause of disability worldwide, and is
- A major contributor to the overall global burden of disease, where exercise can have an important rule on its management.

DEPRESSION is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration (WHO, 2012)\(^1\). It can be long lasting or recurrent, substantially impairing a person’s ability to function at work or school, or cope with daily life. Depression often starts at a young age. It affects women more often than men, and unemployed people are also at high risk.

There are important differences between Grief and depression; grief is an entirely natural response to a loss, while depression is an illness.

DEPRESSIVE DISORDERS should be picked up by a screening tool for depression\(^2\)
- Major depressive disorder
- Chronic depressive disorder
- Dysthymic disorder
- Adjustment disorder with depressed mood
- Adjustment disorder with anxiety and depressed mood
- Atypical depressive disorder
- Melancholia
- Perinatal depression
- Postpartum depressive disorder

DEPRESSION SEVERITY
At most severe, depression can lead to suicide. When mild, depression can be treated without medicines but, when moderate or severe, people may need medication and professional talking treatments.
- Mild depression has some impact on your daily life
- Moderate depression has a significant impact on your daily life
- Severe depression makes it almost impossible to get through daily life – a few people with severe depression may have psychotic symptoms

DEPRESSIVE SYMPTOMS
According to the National Institute of Mental Health\(^3\), symptoms of depression may include the following:
- Difficulty concentrating, remembering details, and making decisions
• Fatigue and decreased energy
• Feelings of guilt, worthlessness, and/or helplessness
• Feelings of hopelessness and/or pessimism
• Insomnia, early-morning wakefulness, or excessive sleeping
• Irritability, restlessness
• Loss of interest in activities or hobbies once pleasurable, including sex
• Overeating or appetite loss
• Persistent aches or pains, headaches, cramps, or digestive problems that do not ease even with treatment
• Persistent sad, anxious, or worried or "empty" feelings
• Thoughts of suicide, suicide attempts

SCREENING TOOLS FOR PRIMARY CARE
Non-specialists can reliably diagnose and treat depression as part of primary health care. Specialist care is needed for a small proportion of people with complicated depression or those who do not respond to first-line treatments.

- Patient Health Questionnaire for depression (PHQ-9)[4, 5]
- The 4-item Patient Health Questionnaire-4 (PHQ-4) [6]
- Generalized Anxiety Disorder questionnaire (GAD-7) [7]
- Beck Depression Inventory I [8, 9]
- Edinburgh Post Partum Depression Scale (EPDS) [10, 11]
- 7-item depressive symptoms subscale (EPDS-7) [12]

EXERCISE AND DEPRESSION
• Mental and physical (MAP) training is a novel clinical intervention that combines mental training through meditation and physical training through aerobic exercise [13]
• Aerobic exercise is known to improve mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function [14, 15]
• The exercise addiction seems to increase depression symptoms as confusion, anger, fatigue and decreased vigor and mood [16].
• 2-week withdrawal exercise period resulted in an increase of negative mood in exercise addiction; additionally, exercise addiction showed low levels of anandamide [16].
• Group interactions, music and improvement in physical function can improve an individual's psychological state.
• Music can be used as simple, inexpensive and effective therapy for stress [17]. Thus, music for exercise class should be carefully chosen and as varied as possible
• Satoh et al. reported that physical exercise with music improved cognitive function of elderly people [18].
• In case of musculoskeletal pain occurrence, it should be controlled, otherwise could increase depressive symptoms. Pain can cause irritability, sleeplessness, depression [19], and physical and psychological changes that may aggravate the disease, providing a general loss of functionality and, thereafter, inactivity.
Guidelines for practical application will be provided at the workshop.

REFERENCES

8. Wang YP, Gorenstein C: Assessment of depression in medical patients: a systematic review of the utility of the Beck Depression Inventory-II. Clinics (Sao Paulo) 2013, 68:1274-1287.9