

Global Experts Meeting on

Psychiatry and Mental Health

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Physical exercise and depression: Mechanisms of action from a cognitive-behavioral perspective

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The presentation will outline some of the key proposed mechanisms through which exercise might alleviate depression through a cognitive-behavioral perspective. Parallels will be made with the mechanisms underpinning evidence-based cognitive and behavioral therapy approaches such as behavioral activation and activity scheduling. Additionally, the extent to which exercise has the ability to induce cognitive shift through engagement in a socially valued activity and emotional shift through engagement in activity that provides pleasure, mastery and connection with others, alongside interruption of rumination cycles will be outlined in detail. The impact of exercise on the physical symptoms of depression will also be discussed with a specific focus on the potential for improvement in sleep, appetite and energy levels that tend to occur when engaging in regular exercise.

Biography

Timothy Carter is an Assistant Professor in Mental Health at the University of Nottingham. He is also a Mental Health Nurse and Cognitive Behavioral Therapist. His research to date has focused primarily on the application of exercise as a treatment approach for depression in adolescents and adults. He has completed his PhD in 2015 which was a randomized controlled trial testing the effect of a group exercise intervention on adolescents with depression. He is currently in the process of designing an exercise intervention for women with postnatal depression.

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