Can regular exercise reduce symptoms in young people with depression?

We are looking for young people with depression to participate in the Healthy Body Healthy Mind research trial of an exercise intervention for depressive illness.

Who can participate?
- 15-25 years old males and females who have been,
- Diagnosed with depression by a treating health professional
- Willing to be randomly allocated to an exercise group or a wait-list control group for 12 weeks
- Commit to an exercise training program three times a week for 12 weeks
- Do not have any medical conditions that would make it unsafe for you to exercise
- Do not have a psychotic illness or brain injury
- Not pregnant

What would you be asked to do?
- Participate in a personal trainer supervised group exercise-training program 3 times a week for 12 weeks at the FORUM Sports and Aquatic Centre at the Callaghan campus of the University of Newcastle.
- Complete a number of questionnaires, be interviewed by a psychologist and undertake some physical fitness tests before and after the exercise program.

Interested?

For further information and to find out if this study is for you please contact Ms Adriana Giles on 02 4921 6311 or Adriana.Giles@newcastle.edu.au

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