Project Title: Identifying the mechanism of action of physical activity in treating depression
Supervisor: Dr Craig Melville

Project outline: Depression is a common and debilitating illness, affecting over 300 million people worldwide. There is a growing evidence base on the clinical effectiveness of physical activity for the management of depression. Researchers have proposed biological, social and psychological mechanisms of action by which physical activity helps manage depressive symptoms. In keeping with theories informing behavioural activation, preliminary experimental evidence suggests that the mechanism of action of physical activity may be due to direct effects on positive affect and physiological arousal.

Summary Aim: To examine the acute and prolonged impact of physical activity on affect, arousal and depressive symptoms.

Techniques to be used: Experimental and field-based research skills, subjective and objective measurement of the response to physical activity, linear and non-linear statistical methods

References:


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