

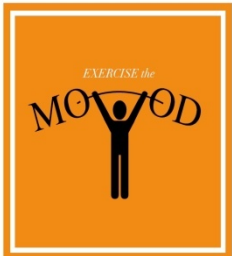
# Exercise the Mood

## Exercise as a Treatment for Depression

A new training program for general practitioners,  
psychologists and other health professionals

**Joanna Crawford**

**Research Psychologist, Black Dog Institute**



UNSW  
MEDICINE  
Lifestyle  
Clinic



The top of the slide features an orange header with white silhouettes of people in various exercise poses, such as running and stretching. The main title 'Aims of launch' is centered in white text on this background.

# Aims of launch

- 1) To introduce the Black Dog Institute's new professional training program  
“Exercise the Mood:  
Exercise as a Treatment for Depression”
- 2) To raise awareness of the role of exercise in managing depression

# Why focus on exercise?

- 1) Evidence from research indicates that exercise significantly reduces depression.
- 2) Most Australians do not exercise enough.
- 3) It is a neglected strategy for treating depression.



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# Why focus on exercise?

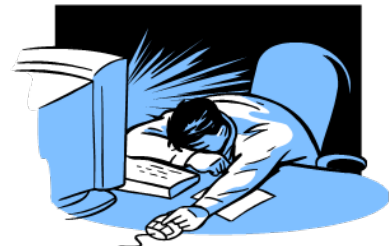
## 1) **Research evidence**

- Over 23 trials have examined exercise as a treatment for depression.
- Regular exercise of moderate intensity (e.g. brisk walking) can significantly reduce depression of mild to moderate severity.
- For older adults, exercise can be equally effective as an SSRI antidepressant.
- In a survey by the Black Dog Institute, over 90% of people with mild depression reported that exercise improves mood and energy.

# Why focus on exercise?

## 2) Most Australians are not active enough.

- Over two-thirds of Australians do not meet the minimum level of physical activity recommended by the National Physical Activity Guidelines.
- People experiencing depression have even lower levels of activity.



# Why focus on exercise?

## 3) Exercise is a neglected strategy.

- Health professionals can play an important role in encouraging exercise in depressed patients.
- However, less than 2% of GP consultations involve specific advice about exercise.



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# What can the Black Dog Institute do?

The Professional Education and Training Team at the Black Dog Institute aims to improve the management of mood disorders by developing customised educational programs and workshops for health care professionals, including GPs, psychologists, school counsellors and allied health professionals.

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# A new program: Exercise the Mood

The Black Dog Institute has developed a new training program “**Exercise the Mood: Exercise as a Treatment for Depression**”.

This program aims to

- assist health professionals in using exercise as a strategy to manage depression.
- translate the evidence for exercise in treating depression into clinical practice

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# A new program: Exercise the Mood

**Exercise the Mood** was developed:

- In collaboration with the Lifestyle Clinic, University of New South Wales
- In consultation with the Sydney West Area Health Service Depression Management Program
- Funded by a grant from the Roth Charitable Foundation

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# Exercise the Mood: Content

The 2-hour workshop, with accompanying workbook, will include training in:

- Current evidence for the role of exercise in managing depression
- Exercise prescriptions and the development of tailored exercise plans
- Strategies to increase motivation to exercise
- Identifying and overcoming barriers to exercise
- Referrals to exercise physiologists and relevant Medicare rebates

# Exercise the Mood: Putting it into practice

The Exercise the Mood program will be **free** for GPs, psychologists and other health professionals in NSW.

- The program will commence at the Black Dog Institute in July 2009.
- In 2010-2011, the program will be implemented throughout NSW, with at least 15 workshops to be held.





# Further information

## **To register for Exercise the Mood:**

- Visit the Black Dog Institute website:  
[www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

## **For more information on Exercise the Mood:**

- Contact Joanna Crawford on  
[jo.crawford@unsw.edu.au](mailto:jo.crawford@unsw.edu.au)

## **For GP and patient handouts on exercise:**

- Visit the Black Dog Institute “Psychological Toolkit” on our website

**Thank you**

