



NEWS RELEASE
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EXERCISE AND MOOD STUDY
AT THE 2008 BLACKMORES SYDNEY RUNNING FESTIVAL

The Black Dog Institute will be conducting an innovative study on exercise, mood and depression, at the Blackmores Sydney Running Festival on Sunday 21st September 2008.

The Blackmores Sydney Running Festival is a fantastic way to raise funds for charity. Participants simply register to run or walk for the charity of their choice – with the Black Dog Institute being one of two official charities – and if you reach your fundraising target, entry is free.

The Running Festival will have four events, to give people of all ages and abilities an opportunity to join in – ranging from the 4km *The Sunday Telegraph* Family Fun Run/Walk and the 9km *The Sunday Telegraph body+soul* Bridge Run, to the Blackmores Sydney Marathon and Half Marathon.

The events start at Milsons Point, giving people the opportunity to run, jog or walk over the Sydney Harbour Bridge, and finish at the iconic Sydney Opera House.

This year, for the first time ever, the Blackmores Sydney Running Festival will be an integral part of a significant research study advancing mental health, in addition to fundraising and a fun day out! The Black Dog Institute has been given this exceptional opportunity to conduct research on the day of the events. The Institute carries out a wide range of research studies to support its mission of advancing the understanding and management of mood disorders – and is currently interested in gauging the benefits of exercise on mood.

A team of Black Dog Institute researchers will be inviting entrants in the Running Festival to take part in a survey about exercise, mood and depression. Participants who volunteer will be asked to fill out brief questionnaires just before their run (or walk) and just after finishing. Participants in the study will also have the option of completing a follow-up online survey one month after the event.

The Exercise and Mood Study is investigating the way that mood and emotions change during exercise, and how these changes differ between people. We also hope to learn about the aspects of exercise that make it more (or less) likely for people to exercise more often. In particular we are interested in the relationship between exercise and symptoms of depression. The study hopes to make a significant contribution to information about the mood benefits of exercise, and what motivates people to exercise regularly.

- For more information on the Blackmores Sydney Running Festival, and to register to run/walk, visit the Festival website at www.runthebridge.com.au
- Visit the website of the Black Dog Institute at www.blackdoginstitute.org.au
- For more information on the Exercise and Mood Study, contact Jo Crawford on ph: (02) 9382 3769 or email jo.crawford@unsw.edu.au