

EFFECT OF REGULAR AEROBIC EXERCISE ON DEPRESSION IN POSTMENOPAUSAL WOMEN

A. Aghamohammadi¹, *A. Rajabi*², *M. Zafari*¹, *A. Aghamohammadi*³

¹Department of Midwifery, ²Sari Branch, Islamic Azad University, ³Lahijan Branch, Islamic Azad University, Sari, Iran

Background and objective: Most women that reached menopause, experience depression .this study was done with this purpose to investigate the effects of regular aerobic exercise on depression in postmenopausal women.

Methods: In this experimental study, twenty six postmenopausal depressed women with age of 45-55 years, who sampled randomly in 2 groups (control and experimental), were participated in this investigation. The experimental group followed exercise training program including walking three times a week, for 3 months. But control group did not participate in any exercise program. depression level was measured before and after exercise.

Findings: Mean of depression in experimental group before exercise training relative to after exercise training were significantly decreased .

Conclusion: The results of present study demonstrated that regular aerobic exercise training decrease depression symptom. So, the authorities should apply strategies to decrease depression symptoms by changing life style from inactivity to exercise training in order to support postmenopausal women somatic health.