

# Aktuelles aus der Forschung

## Sport als begleitende Maßnahme bei der Psychotherapie depressiver Patienten

Implikationen für die psychotherapeutische Praxis

Nina Sarubin

*Psychotherapeutenjournal 3/2013*

### Literatur

Abramson, J. L. & Vaccarino, V. (2002). Relationship between physical activity and inflammation among apparently healthy middle-aged and older US adults. *Archives of Internal Medicine*, 162 (11), 1286-1292.

Babyak, M., Blumenthal, J. A., Herman, S., Khatri, P., Doraiswamy, M., Moore, K., Craighead, W. E., Baldewicz, T. T. & Krishnan, K. R. (2000). Exercise treatment for major depression: maintenance of therapeutic benefit at 10 months. *Psychosomatic Medicine*, 62 (5), 633-638.

Binder, E., Droste, S. K., Ohl, F. & Reul, J. M. (2004). Regular voluntary exercise reduces anxiety-related behaviour and impulsiveness in mice. *Behaviour and Brain Research*, 155 (2), 197-206.

Blumenthal, J. A., Babyak, M. A., Doraiswamy, P. M., Watkins, L., Hoffman, B. M., Barbour, K. A., Herman, S., Craighead, W. E., Brosse, A. L., Waugh, R., Hinderliter, A. & Sherwood, A. (2007). Exercise and pharmacotherapy in the treatment of major depressive disorder. *Psychosomatic Medicine*, 69 (7), 587-596.

Byrne, A. & Byrne, D. G. (1993). The effect of exercise on depression, anxiety and other mood states: a review. *Journal of Psychosomatic Research*, 37 (6), 565-574.

Craft, L. L. & Landers, D. M. (1998). The effect of exercise on clinical depression and depression resulting from mental illness: a meta-analysis. *Journal of Sport and Exercise Psychology*, 20, 339-357.

Daley, A. (2008). Exercise and Depression: A Review of reviews. *Journal of Clinical Psychology in Medical Settings*, 15 (2), 140-147.

Droste, S. K., Gesing, A., Ulbricht, S., Müller, M. B., Linthorst, A. C. E. & Reul, J. M. H. M. (2003). Effects of long-term voluntary exercise on the mouse hypothalamic-pituitary-adrenocortical axis. *Endocrinology*, 144 (7), 3012-3023.

Droste, S. K., Schweizer, M. C., Ulbricht, S. & Reul, J. M. H. M. (2006). Long-term voluntary exercise and the mouse hypothalamic-pituitary-adrenocortical axis: impact of concurrent treatment with the antidepressant drug tianeptine. *Journal of Neuroendocrinology*, 18 (12), 915-925.

Droste, S. K., Chandramohan, Y., Hill, L. E., Linthorst, A. C. E. & Reul, J. M. H. M. (2007). Voluntary exercise impacts on the rat hypothalamic-pituitary-adrenocortical axis mainly at the adrenal level. *Neuroendocrinology*, 86 (1), 26-37.

Gauvin, L. & Spence, J. C. (1996). Physical activity and psychological well-being: knowledge base, current issues, and caveats. *Nutrition Reviews*, 54 (4, pt 2), 53-65.

- Geffken, D. F., Cushman, M., Burke, G. L, et al. (2001). Association between physical activity and markers of inflammation in a healthy elderly population. *American Journal of Epidemiology*, 153 (3), 242-50.
- Goodwin, R. D. (2003). Association between physical activity and mental disorders among adults in the United States. *Preventive Medicine*, 36 (6), 698-703.
- Helmich, I., Latini, A., Sigwalt, A., Carta, M. G., Machado, S., Velasques, B., Ribeiro, P. & Budde, H. (2010). Neurobiological Alterations Induced by Exercise and Their Impact on Depressive Disorders. *Clinical Practice & Epidemiology in Mental Health*, 6, 115-125.
- Hoffman, B. M., Babyak, M. A., Craighead, W. E., Sherwood, A., Doraiswamy, P. M., Coons, M. J. & Blumenthal, J.A. (2011). Exercise and pharmacotherapy in patients with major depression: one-year follow-up of the SMILE study. *Psychosomatic Medicinem*, 73 (2), 127-133.
- Lancel, M., Droste, S. K., Sommer, S. & Reul, J. M. (2003). Influence of regular voluntary exercise on spontaneous and social stress-affected sleep in mice. *European Journal of Neuroscience*, 17 (10), 2171-2179.
- Lawlor, D. A. & Hopker, S. W. (2001). The effectiveness of exercise as an intervention in the management of depression: systematic review and meta-regression analysis of randomised controlled trials. *British Medical Journal*, 322 (7289), 763-767.
- Long, B. C. & Vanstavel, R. (1995). Effects of exercise training on anxiety: a meta-analysis. *Journal of Applied Sport Psychology*, 7 (7), 167-189.
- Mead, G. E., Morley, W., Campbell, P., Greig, C. A., McMurdo, M. & Lawlor, D. A. (2009). Exercise for depression. *Cochrane Database of Systematic Reviews 2009, Issue 3*. Art. No.: CD004366. DOI: 10.1002/14651858.CD004366.pub4.
- Moussavi, S., Chatterji, S., Verdes, E., Tandon, A., Patel, V. & Ustun, B. (2007). Depression, chronic diseases, and decrements in health: results from the World Health Surveys. *Lancet* 8, 370 (9590), 851-858.
- North, T. C., McCullagh, P. & Tran, Z. V. (1990). Effect of exercise on depression. *Exercise and Sport Sciences Reviews*, 18, 379-415.
- Pedersen, B. K. & Hoffman-Goetz, L. (2000). Exercise and the immune system: regulation, integration, and adaptation. *Physiological Reviews*, 80 (3), 1055-1081.
- Prince, M., Patel, V. & Saxena, S. (2007). No health without mental health. *The Lancet*, 370, 859-877.
- Salmon, P. (2000). Effects of physical exercise on anxiety, depression, and sensitivity to stress: a unifying theory. *Clinical Psychology Review*, 21, 33-61.
- Schmitz, N., Kruse, J. & Kugler, J. (2004). The association between physical exercises and health-related quality of life in subjects with mental disorders: results from a cross-sectional survey. *Preventive Medicine*, 39 (6), 1200-1207.
- Scully, D., Kremer, J., Meade, M. M., Graham, R. & Dudgeon, K. (1998). Physical exercise and psychological well being: a critical review. *British Journal of Sports Medicine*, 32 (2), 111-120.
- Stranahan, A. M., Zhou, Y., Martin, B. & Maudsley, S. (2009). Pharmacomimetics of exercise: novel approaches for hippocampally-targeted neuroprotective agents. *Current Medicinal Chemistry*, 16 (35), S. 4668.
- Taaffe, D. R., Harris, T. B., Ferrucci, L., Rowe, J. & Seeman, T. E. (2000). Cross-sectional and prospective relationships of interleukin-6 and C-reactive protein with physical performance in elderly persons: MacArthur studies of successful aging. *J Gerontol A Biol Sci Med Sci*, 55, 709-715.
- Weigelt, M., Steggemann, Y., Machlitt, D. & Engbert, K. (2012). Sport- und Bewegungstherapie bei psychischen Erkrankungen. *Psychologie aktuell – Klinische Psychologie in der Rehabilitation*, 4, 91-93.

WHO (2001). *The World Health Report 2001: mental health – a new understanding, new hope*. World Health Organisation.  
Verfügbar unter: [www.who.int/whr/2001/en/whr01\\_en.pdf](http://www.who.int/whr/2001/en/whr01_en.pdf) [20.05.2011]

Wolff, E., Gaudlitz, K., von Lindenberger, B. L., Plag, J., Heinz, A. & Ströhle, A. (2011). Exercise and physical activity in mental disorders. *European Archives of Psychiatry and Clinical Neuroscience*, 261 (2), 186-191.

Woods, J.A., Vieira, V.J. & Keylock, K. T. (2009). Exercise, inflammation, and innate immunity. *Immunology and Allergy Clinics of North America*, 29, 381-393.