

Exercise may help combat postpartum depression

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An analysis of published studies indicates that physical exercise during pregnancy and the postpartum period is a safe way to achieve better psychological well-being and to reduce postpartum depressive symptoms.

In the analysis of 12 studies, physical activity characteristics in terms of

frequency and intensity did not seem to modify the effect of exercise on postpartum depressive symptoms.

The findings are published in *Birth*.

More information: Raquel Poyatos-León et al, Effects of exercise-based interventions on postpartum depression: A meta-analysis of randomized controlled trials, *Birth* (2017). [DOI: 10.1111/birt.12294](https://doi.org/10.1111/birt.12294)

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