

Resistance exercise may reduce depressive symptoms in adults

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for total volume of prescribed RET, participant health status, and strength improvements with the antidepressant effect of RET. Randomized clinical trials with blinded allocation and/or assessment had smaller reductions in depressive symptoms.

"Resistance [exercise training](#) significantly reduced depressive symptoms among adults regardless of health status, total prescribed volume of RET, or significant improvements in strength," the authors write. "Better-quality randomized [clinical trials](#) blinding both allocation and assessment and comparing RET with other empirically supported treatments for [depressive symptoms](#) are needed."

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(HealthDay)—Resistance exercise training (RET) is associated with reduced depressive symptoms among adults, according to a meta-analysis published online May 9 in *JAMA Psychiatry*.

Brett R. Gordon, from the University of Limerick in Ireland, and colleagues examined the correlation of efficacy of RET with depressive symptoms using data from 33 [randomized clinical trials](#) involving 1,877 participants. The trials used validated measures of depressive symptoms, which were assessed at baseline and mid- and/or post-intervention. A total of 947 participants were randomized to RET and 930 to a nonactive control condition.

The researchers observed a significant reduction in depressive symptoms with RET, with a moderate-sized mean effect η^2 of 0.66. There was considerable heterogeneity, and 32.9 percent of the observed variance was accounted for by sampling error. There was a number needed to treat of four. There were no significant correlations

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