

Abstract

Title: Physical activity and its effect on the depression in the elderly

Objectives: The main aim of this work was to estimate the influence of physical activities on depression in a population over the age of 50.

Methods: The work has the character of a cross-sectional study. For data analysis, we used the freely available international database of the Survey of Health, Ageing and Retirement in Europe (SHARE). To estimate the influence of physical activities on depression, generalized linear regression models for binominal variable were used.

Results: The survey involved 58,676 respondents with an average age of 67.3 ± 9.6 years. Of those tested, 55.3 % were women and the rest were men. The strongest relationship between depression was found in activities requiring medium energy expenditure OR (95 % CI) = 0,755 (0,709-0,803).

Conclusion: The analyses confirmed that physical activity significantly affects depression in people over 50.

Keywords: physical exercise, slump, elderly, mental health.