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Effects of Physical Activity or exercise on depressive symptoms and self-esteem in older adults. A systematic review

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ADMINISTRATIVE INFORMATION**Support** - Only support open Access - Universidad de Las Américas.**Review Stage at time of this submission** - Preliminary searches.**Conflicts of interest** - None declared.**INPLASY registration number:** INPLASY202360094**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 30 June 2023 and was last updated on 30 June 2023.**INTRODUCTION**

Review question / Objective Q: In older adults, can physical activity or exercise decrease depressive symptoms and produce improvements in self-esteem? Obj.: To describe and analyze the effects of physical activity or physical exercise interventions on depressive symptoms and self-concept in older adults through the scientific literature.

Rationale Worldwide, the population of older adults has been increasing over the decades; by 2050, it is estimated that the number of people over 60 years of age will increase from 600 million to almost 2000 million (WHO, 2002). According to the National Service for the Elderly (SENAMA), people over 60 years of age are considered to be older adults (Law 19.828, 2002). With the passage of time comes physical and mental deterioration (Palma-Ayllón, 2021). Within the field of mental health, depression is a very present problem today, affecting 3.8% of the adult population and 5.7% of older adults worldwide (WHO, 2023). In Latin

America, data show that older adults with depression have a 44% higher relative risk of death than those without these symptoms (Felipe LRS, 2022). In Chile, one in five people over 60 years of age suffers from some mental health disease, with depression and dementia being the most common (MINSAL, 2019). Depression in older adults is linked to greater deterioration, mortality and worse outcomes in physical illness (Rodda, J., 2011). Physical exercise is known to produce health benefits in people in general. There is evidence that aquatic physical exercise reduces depression and anxiety in AM (Silva, L. 2019) The practice of structured and supervised physical exercise, produces improvements in depression, similar to those of antidepressant medications administered to older adults (Blumenthal JA, 1999). Exercise can be considered as a non-pharmacological tool to help modulate the cognitive decline associated with the years in AM (Pereira T, 2019).

Condition being studied It has been evidenced that there is a relationship between levels of self-esteem, anxiety and depression in older adults

(Šare S, 2021). Thus, there is a significant inverse relationship between levels of self-esteem and psychopathological symptoms, including depressive symptoms (Garaigordobil M, 2008). It is suggested that lower self-esteem is related to higher levels of depression in older adults (Šare S, 2021) Depression can lead to suicide (WHO, 2023). It is in the stage after the age of 60 where suicide cases occur more frequently (MINSAL, 2019) Physical health affects and is directly related to the presence of depression (WHO, 2023).

METHODS

Search strategy (“Older adults”) OR (“Elderly”) AND (“Physical activity”) OR (“Exercise”) AND (“Depression”) AND (“Self-esteem”).

Participant or population Older adults.

Intervention (“Physical activity”) OR (“Exercise”).

Comparator Not applicable.

Study designs to be included Randomized controlled trial; clinical trial.

Eligibility criteria Older adults.

Information sources SciELO, PubMed, Scopus, WoS.

Main outcome(s) The regular practice of physical activity or exercise produces a decrease in depressive symptoms and an improvement in self-concept in older adults.

Data management Microsoft Excel and reference manager.

Quality assessment / Risk of bias analysis PEDro Scale. <https://pedro.org.au/english/resources/pedro-scale/>.

Strategy of data synthesis PRISMA. <http://www.prisma-statement.org/>.

Subgroup analysis Not applicable.

Sensitivity analysis PRISMA.

Language restriction Only english and Spanish.

Country(ies) involved Chile.

Keywords Physical Activity; exercise; depressive; self-esteem; older adults.

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