

## **A Comparison of the Effects of Exercise on Quality of Life and Depression in Active and Sedentary Floor Nurses**

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### ABSTRACT

Surveys were sent to all nursing staff (n=550) at a West Texas hospital. A total of 158 nurses responded and 112 nurses met the criteria for inclusion (16 male, 96 female). The surveys analyzed health-related quality of life using the SF-36 and depression scores using the PHQ-9. Data regarding exercise frequency, intensity, time, and type were also gathered. Results of the survey were then analyzed using SPSS statistical software to search for a relation between exercise, depression, and health-related quality of life. After determining that age and gender did not have a significant effect in the study, it was found that exercise significantly increased health-related quality of life and reduced depression, especially in those who exercised four or more days per week, which falls in line with current guidelines.

