

## 18. SWACSM Abstract

---

### Depressive Symptoms Related to Domain-Specific Physical Activity

OLA IDUMA & ZACHARY ZENKO

Department of Kinesiology; California State University, Bakersfield; Bakersfield, CA

---

*Category: Undergraduate*

*Advisor / Mentor: Zenko, Zachary (zzenko@csub.edu)*

#### ABSTRACT

Physical activity is positively associated with mental health. Exercise interventions have been shown to be effective for reducing depression. However, less is known about the role of domain-specific physical activity in mental health. **PURPOSE:** The purpose of this exploratory study was to examine the relationship between physical activity across domains (domestic/household, transportation-related, occupational, leisure-time) and depressive symptoms. **METHODS:** After obtaining ethical approval, 111 adults (75 men, 35 women, 1 non-binary person; mean age:  $36 \pm 10$  years) completed an online survey. Physical activity in each domain was assessed with the International Physical Activity Questionnaire. Depressive symptoms were assessed with the Center for Epidemiologic Studies Depression Scale (CES-D). **RESULTS:** Depressive symptoms in the sample were fairly low, with 50% of participants scoring less than 14 on the CES-D. Analyses revealed no associations between depressive symptoms and physical activity in any domain ( $ps > .05$ ). **CONCLUSION:** These findings contrast with more recent findings demonstrating that physical activity across domains is associated with fewer depressive symptoms. Possible explanations for the conflicting results include different methods and a less diverse and representative sample in the current exploratory study.

of SPORTS MEDICINE  
Southwest Chapter

