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Physical activity and mental health: relationships between depressiveness, psychological disorders and physical activity level in women

M Kull

[Biol Sport](#) 2003; 20 (2):

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Abstract provided by Publisher 

This research was conducted with an objective to study relationships between physical activity and emotional wellbeing of women. The study involved 659 women aged 18–45. The following questionnaires were used: General Health Questionnaire, Health Questionnaire for Adults, Beck Depression Inventory. Physically active women experienced less stress disorders ( $P < 0.05$ ) and less depressiveness ( $P < 0.05$ ). Results showed that even a low level of physical activity (1-2 times per week) can account for positive impact on women's mental health (depressive feelings and psychological disorders).

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**FULL TEXT** 212 KB

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