

CADTH Reference List

# Physical Activity and Support Programs for Mild to Moderate Major Depressive Disorder

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## Key Message

Two primary qualitative studies that explored the perspectives and experiences of people living with mild to moderate major depressive disorder with physical activity and support programs were identified. No primary qualitative or mixed methods studies that explored health care providers perspectives or experiences were identified.

## Research Question

What literature is available that explores the perspectives and experiences of people living (or caring for someone) with mild to moderate major depressive disorder, or their health care providers, regarding time-limited and group-based physical activity and support programs?

## Methods

### Literature Search Methods

A limited literature search was conducted by an information specialist on key resources including MEDLINE, PsycInfo, Scopus, and Cumulative Index to Nursing and Allied Health Literature (CINAHL). The search strategy comprised both controlled vocabulary, such as the National Library of Medicine's MeSH (Medical Subject Headings), and keywords. The main search concepts were major depressive disorder, physical activity, and group-based, time-limited activity. CADTH-developed search filters were applied to limit retrieval to qualitative studies. Where possible, retrieval was limited to the human population. The searches in MEDLINE, PsycINFO, and Scopus were limited to English language documents published between January 1, 2011 and November 9, 2021. The search in CINAHL was limited to English language documents published between January 1, 2011 and November 10, 2021. Internet links were provided, where available.

### Selection Criteria

One reviewer screened literature search results (titles and abstracts) and selected publications according to the inclusion criteria presented in Table 1. Full texts of study publications were not reviewed.

## Results

Qualitative Rapid Response reports are organized by types of study designs – primary qualitative studies and primary mixed methods studies.

Two primary qualitative studies that explored the perspectives and experiences of people living with mild to moderate major depressive disorder with physical activity and support

**Table 1: Selection Criteria**

Criteria	Description
<b>Sample</b>	Adults ( $\geq 18$ years) who are living (or caring for someone) with mild to moderate major depressive disorder; health care providers for people living with mild to moderate major depressive disorder
<b>Phenomenon of interest</b>	Perspectives and experiences with group-based and time-limited physical activity and support programs for mild to moderate major depressive disorder
<b>Design</b>	Any qualitative design
<b>Evaluation</b>	Perspectives on accessing physical activity programming for mild or moderate major depressive disorder; expectations of physical activity programming for mild or moderate major depressive disorder; experiences of engaging physical activity programming for mild or moderate major depressive disorder
<b>Research type</b>	Primary qualitative studies; qualitative components of primary mixed methods studies (excluding surveys)

programs were identified.<sup>1,2</sup> No primary qualitative or mixed methods studies that explored care providers perspectives, expectations, or experiences were identified.

Additional references of potential interest that did not meet the inclusion criteria are provided in Appendix 1.

## References

### Primary Qualitative Studies

1. Li, N., Li N, Sims-Gould J, Vazirian S, Khan KM. Consumer evaluation of the Jump Step Program for people with mood disorders: implications for program development. *Can J Commun Ment Health*. 2020;39(3):1-15.
2. Sims-Gould J, Vazirian S, Li N, Remick R, Khan K. Jump step - a community based participatory approach to physical activity & mental wellness. *BMC Psychiatry*. 2017 08 31;17(1):319. [PubMed](#)

### Primary Mixed Methods Studies

No studies identified

## Appendix 1: References of Potential Interest

### Additional Primary Qualitative Studies

3. Aubry C, Rider A, Russell S, Moyer S, Kinser PA. "I'm not the only one with depression": women's perceptions of in-person group formats of depressive symptom interventions. *J Perinat Neonatal Nurs*. 2021 Jan-Mar 01;35(1):37-45. [PubMed](#)
4. Capon H, O'Shea M, Evans S, McIver S. Yoga complements cognitive behaviour therapy as an adjunct treatment for anxiety and depression: qualitative findings from a mixed-methods study. *Psychol Psychother*. 2021 Dec;94(4):1015-1035. [PubMed](#)
5. Broberg L, De Wolff MG, Anker L, et al. Experiences of participation in supervised group exercise among pregnant women with depression or low psychological well-being: a qualitative descriptive study. *Midwifery*. 2020 Jun;85:102664. [PubMed](#)
6. Murrock CJ, Graor CH. Depression, social isolation, and the lived experience of dancing in disadvantaged adults. *Arch Psychiatr Nurs*. 2016;30(1):27-34. [PubMed](#)
7. Kinser PA, Bourguignon C, Taylor AG, Steeves R. "A feeling of connectedness": perspectives on a gentle yoga intervention for women with major depression. *Issues Ment Health Nurs*. 2013 Jun;34(6):402-411. [PubMed](#)

### Systematic Review

8. Quirk H, Hock E, Harrop D, et al. Understanding the experience of initiating community-based group physical activity by people with serious mental illness: a systematic review using a meta-ethnographic approach. *Eur Psychiatry*. 2020 10 22;63(1):e95. [PubMed](#)