



UNIVERSITÀ
DEGLI STUDI
FIRENZE

FLORE

Repository istituzionale dell'Università degli Studi di Firenze

Il peso della depressione

Questa è la Versione finale referata (Post print/Accepted manuscript) della seguente pubblicazione:

Original Citation:

Il peso della depressione / C.Macchi; D.Bacci. - STAMPA. - (2011), pp. 37-50.

Availability:

This version is available at: 2158/774075 since:

Publisher:

PENSA

Terms of use:

Open Access

La pubblicazione è resa disponibile sotto le norme e i termini della licenza di deposito, secondo quanto stabilito dalla Policy per l'accesso aperto dell'Università degli Studi di Firenze (<https://www.sba.unifi.it/upload/policy-oa-2016-1.pdf>)

Publisher copyright claim:

(Article begins on next page)

Bibliografia

1. ICD-10 – *Classificazione Statistica Internazionale Delle Malattie e Dei Problemi Sanitari Correlati*. Decima Rev. Volume 1. Oms. Ginevra. Ist. Poligrafico e Zecca Dello Stato. Libreria Dello Stato, 1992.
2. American Psychiatric Association (APA). *Dsm-IV-TR. Diagnostic And Statistical Manual Of Mental Disorders*. Fourth Edition, Text Revision. Edizione Italiana: Masson, Milano, 2001.
3. Angst J., Cui L., Swendsen J., Rothen S., Cravchik A., Kessler R.C., Merikangas K.R. “Major Depressive Disorder With Subthreshold Bipolarity in the National Comorbidity Survey Replication”. *Am J Psychiatry*. 2010 Aug 16.
4. Judd LL., Kunovac JL. Clinical characteristics and management of unipolar depressive disorders comorbid with neurological disorders. *Neuropsychobiology*. 1998; 37 (2): 84-7.
5. McWilliams N. In conversation with Dr Nancy McWilliams. Interviewed by George Halasz. *Australas Psychiatry*. 2008 Dec; 16 (6): 397-404.
6. Klerman G., Weissman M. Jama. “Increasing Rates Of Depression”, American Medical Association. *The Journal of the American Medical Association* 1989; 261: 2229-2235.
7. Frisch U, Riecher-Rössler A. “Depression during pregnancy“. *Ther Umsch*. 2010 Nov; 67 (11): 571-575. German.
8. Parcels DA. “Women’s mental health nursing: depression, anxiety and stress during pregnancy”. *J Psychiatr Ment Health Nurs*. 2010 Nov; 17 (9): 813-20.
9. Marcus S, Lopez JF, McDonough S, Mackenzie MJ, Flynn H, Neal CR Jr, Gahagan S, Volling B, Kaciroti N, Vazquez DM. “Depressi-

- ve symptoms during pregnancy: Impact on neuroendocrine and neonatal outcomes". *Infant Behav Dev.* 2010 Oct 28.
10. Kessler R., Mcgonagle K., Zhao S., Nelson C., Hughes M., Eshleman S., Wittchen H., Kendler K., "Lifetime And 12-Month Prevalence Of Dsm-III-R Psychiatric Disorders in the United States. Results From The National Comorbidity Survey", *Archives of General Psychiatry*, American Medical Association, 1994; 51: 8-19.
 11. Dubini A., Mannheimer R., Pancheri P. "Depression in the Community: Results of the First Italian Survey", *International Clinical Psychopharmacology*, Lippincott Williams & Wilkins, Jan 2001; 16 (1): 49-53.
 12. Breslau N., Chilcoat H., Schultz L. "Anxiety Disorders and The Emergence Of Sex Differences in Major Depression". *The Journal Of Gender-Specific Medicine: Jgsm: The Official Journal Of The Partnership For Women's Health At Columbia*, Multimedia Healthcare/Freedom, 1998 Dec; 1 (3): 33-39.
 13. Nolen-Hoeksema S., Girgus J. "The Emergence Of Gender Differences In Depression During Adolescence" *Psychological Bulletin*, American Psychological Association, May 1994; 115 (3): 424-443.
 14. Murray C., Lopez A. "Evidence-Based Health Policy – Lessons From The Global Burden Of Disease Study", *Science*, American Association For The Advancement Of Science, 1996; 274: 740-741.
 15. Brown G., Prudo R. "Psychiatric Disorder In a Rural And Urban Population: 1. Aetiology of Depression" *Psychological Medicine*, Cambridge University Press, Aug 1981; 11 (3): 581-599.
 16. Paykel E. "Life Events, Social Support And Depression". *Acta Psychiatrica Scandinavica*, Supplementum Munksgaard International Publishers, 1994; 377: 50-58.
 17. Wilhelm K., Parker G. "Sex Differences In Depressogenic Risk Factors and Coping Strategies In a Socially Homogeneous Group". *Acta Psychiatrica Scandinavica*, Munksgaard International Publishers, Sep 1993; 88 (3): 205 -211.
 18. Weissman M., Klerman G. "Sex Differences And Epifemiology Of Depression". *Archives of General Psychiatry*. American Medical Association, Jan 1977; 34 (1): 98-111.
 19. Lennon M., Bravo M., Guzman J., Burgos N. "Depressive Symptomatology In Single Women Heads Of Households In Puertrico:

- A Comparative Analysis". *Women & Health*, Haworth Press, 1995; 23 (3): 1-18.
20. Meddin J.R. "Sex Differences In Depression An Dissatisfaction With Self: Finding From a United States National Survey". *Social Science And Medicine*, Pergamon Press, 1986; 22 (8): 807-812.
 21. The World Health Report, Making a Difference, WHO, Geneva 1999; 104-109.
 22. Adnkronos Salute, "Depressione, Oggi Giornata Europea", Adnkronos, 11 Ottobre 2007.
 23. Perrino T., Mason C.A., Brown S.C., Szapoczni K. "The relationship between depressive symptoms and walking among Hispanic older adults: a longitudinal, cross-lagged panel analysis". *J. Aging Ment Health*. 2010 Mar; 14 (2): 211-9.
 24. Galper D.I., Trivedi M.H., Barlow C.E., Dunn A.L., Kampert J.B. "Inverse association between physical inactivity and mental health in men and women". *Med Sci Sports Exerc*. 2006 Jan; 38(1): 173-8.
 25. Penedo F.J., Dahn J.R. "Exercise and well-being: a review of mental and physical health benefits associated with physical activity". *Curr Opin Psychiatry*. 2005 Mar; 18 (2): 189-93.
 26. Mead G.E., Morley W., Campbell P., Greig C.A., McMurdo M., Lawlor D.A. "Exercise for depression". *Cochrane Database Syst Rev*. 2009 Jul 8; (3): CD004366.
 27. Ströhle A. "Physical activity, exercise, depression and anxiety disorders". *J Neural Transm*. 2009 Jun; 116 (6): 777-84. Epub 2008 Aug 23.
 28. James A. Blumenthal, Phd, Michael A. Babyak, Phd, P. Murali Doraiswamy, Md, Lana Watkins, Phd, Benson M. Hoffman, Phd, Krista A. Barbour, Phd, Steve Herman, Phd, W. Edward Craighead, Phd, Alisha L. Brosse, Phd, Robert Waugh, Md, Alan Hinderliter, Md And Andrew Sherwood, Phd. "Exercise and Pharmacotherapy In The Treatment of Major Depressive Disorder" *Psychosomatic Medicine* 2007, 69: 587-596.
 29. Hassmen P., Koivula N., Uutela A. "Physical Exercise And Psychological Well-Being: A Population Study In Finland". *Preventive Medicine*, Academic Press, Jan 2000; 30 (1): 17-25.
 30. Manger T.A., Motta R.W. "The impact of an exercise program on posttraumatic stress disorder, anxiety, and depression. *Int J Emerg Ment Health*. 2005 Winter; 7 (1): 49-57.

31. Sexton H., Maere A., Dahl N.H. "Exercise intensity and reduction in neurotic symptoms. A controlled follow-up study". *Acta Psychiatr Scand.* 1989 Sep; 80 (3): 231-5.
32. Di Meo F., Bauer M., Varaham I., Proest G., Halter U. "Benefit from aerobic exercise in patient with major depression: a pilot study". *Br J sports Med* 2001. Apr; 35 (2). 114-7.
33. Bartholomew J.B., Morrison D., Ciccolo J.T. "Effects of acute exercise on mood and well-being in patients with major depressive disorder". *Med Sci Sports Exerc.* 2005 Dec; 37 (12): 2032-7.
34. Brown W.J., Ford J.H., Burton N.W., Marshall A.L. *Am J Prev Med* 2005 Nov; 29 (4): 265-72.
35. Pigozzi F., Spataro A., Alabisio A., Parisi A., Rizzo M., Fagnani F., Di Salvo V., Massazza G., Maffulli N. "Role of exercise stress test in master athlete". *Br J Sports Med* 2005 Aug; 39 (8): 527-37.
36. De Vries H., Adams G. "Electromyographic comparison of single doses of exercise and meprobamate as to effects on muscular relaxation". *American Journal Of Physical Medicine*, Williams and Wilkins, Jun 1972; 51 (3): 130-141.
37. Dimeo F., Bauer M., Varahram I., Proest G., Halter U. "Benefits from aerobic exercise in patients with major depression: a pilot study". *Br J Sports Med.* 2001 Apr; 35 (2): 114-7.
38. Eyerer S., Kupfer B. "Physical exercise and psychological health". *Sports Med.* 1994; 17 (2): 108-16.
39. Bäckmand H., Kaprio J., Kujala U., Sarna S.: "Influences of physical activity on depression and anxiety of former elite athletes". *International Journal Of Sport Medicine*, Thieme, Nov 2003; 24 (8): 609-619.
40. Antunes H.K., Stella S.G., Santos R.F., Bueno O.F., De Mello MT. "Depression, anxiety and quality of life scores in seniors after an endurance exercise program". *Rev Bras Psiquiatr.* 2005 Dec; 27 (4): 266-71. Epub 2005 Dec 12.
41. Blake H., Mo P., Malik S., Thomas S. "How effective are physical activity interventions for alleviating depressive symptoms in older people? A systematic review". *Clin Rehabil* 2009 oct; 23 (10): 873-87.
42. Barbour K.A., Blumenthal JA. "Exercise training and depression in older adults". *Neurobiol Aging.* 2005 Dec; 26 Suppl 1: 119-23. Epub 2005 Oct 11.
43. Brosse AL, Sheets ES, Lett HS, Blumenthal JA. "Exercise and the

- treatment of clinical depression in adults: recent findings and future directions". *Sports Med.* 2002; 32 (12): 741-60.
44. Barbour K.A., Edenfield T.M., Blumenthal J.A. "Exercise as a treatment for depression and other psychiatric disorders: a review". *J Cardiopulm Rehabil Prev.* 2007 Nov-Dec; 27 (6): 359-67.
 45. Blumenthal J.A., Babyak M.A., Moore K.A., Craighead W.E., Herman S., Khatry P., Waugh R., Napolitano M.A., Forman L.M., Appelbaum M., Doraiswamy P.M., Krishnan K.R. "Effects of exercise training on older patients with major depression". *Arch Intern Med.* 1999 Oct 25; 159 (19): 2349-56.
 46. Barbour K.A., Blumenthal J.A. "Exercise training and depression in older adults". *Neurobiol Aging.* 2005 Dec; 26 Suppl 1: 119-23. Epub 2005 Oct 11.
 47. Blumenthal J.A., Babyak M.A., Doraiswamy P.M., Watkins L., Hoffman B.M., Barbour K.A., Herman S., Craighead W.E., Brosse A.L., Waugh R., Hinderliter A., Sherwood A. "Step-exercise and pharmacotherapy in the treatment of major depressive disorder" *Psychosom Med.* 2007. Oct; 69 (7): 587-96.
 48. Fukukawa Y., Nakashima C., Tsuboi S., Kozakai R., Doyo W., Niino N., Ando F., Shimokata H. "Age differences in the effect of physical activity on depressive symptoms". *Psychol Aging.* 2004 Jun; 19 (2): 346-51.
 49. Annesi J.J. "Correlations of depression and total mood disturbance with physical activity and self-concept in preadolescents enrolled in an after-school exercise program". *Psychol Rep.* 2005 Jun; 96 (3 Pt 2): 891-8.
 50. Reiningger M.: *Frequenza, Punkte, Techniken, Im Verlag, Graz* 2005; 126-130.
 51. Vickers K.S., Patten C.A., Lewis B.A., Clark M.M., Ussher M., Ebbert J.O., Croghan I.T., Decker P.A., Hathaway J., Marcus B.H., Hurt R.D. "Feasibility of an exercise counseling intervention for depressed women smokers". *Nicotine Tob Res.* 2009 Aug; 11 (8): 985-95.
 52. Motl R.W., Konopack J.F., McAuley E., Elavsky S., Jerome G.J., Marquez D.X. "Depressive symptoms among older adults: long-term reduction after a physical activity intervention". *J Behav Med.* 2005 Aug; 28 (4): 385-94.
 53. Lee Y., Park K. "Does physical activity moderate the association between depressive symptoms and disability in older adults?" *Int J Geriatr Psychiatry.* 2008 Mar; 23 (3): 249-56.

54. Vickers K.S., Nies M.A., Patten C.A., Dierkhising R., Smith S.A. "Patients with diabetes and depression may need additional support for exercise". *Am J Health Behav.* 2006 Jul-Aug; 30 (4): 353-62.
55. Vickers K.S., Patten C.A., Lewis B.A., Clark M.M., Ussher M., Ebbert J.O., Croghan I.T., Decker P.A., Hathaway J., Marcus B.H., Hurt R.D. "Feasibility of an exercise counseling intervention for depressed women smokers". *Nicotine Tob Res.* 2009 Aug; 11 (8): 985-95. Epub 2009 Jun 18.
56. Blumenthal J.A., Sherwood A., Rogers S.D., Babyak M.A., Doraiswamy P.M., Watkins L., Hoffman B.M., O'Connell C., Johnson J.J., Patidar S.M., Waugh R., Hinderliter A. "Understanding prognostic benefits of exercise and antidepressant therapy for persons with depression and heart disease: the UPBEAT study-rationale, design, and methodological issues". *Clin Trials.* 2007; 4 (5): 548-59.
57. Midtgaard J., Rørth M., Stelter R., Tveterås A., Andersen C., Quist M., Muller T., Adamsen L. "The impact of a multidimensional exercise program on self-reported anxiety and depression in cancer patients undergoing chemotherapy: a phase II study". *Palliat Support Care.* 2005 Sep; 3 (3): 197-208.
58. Manger T.A., Motta R.W. "The impact of an exercise program on posttraumatic stress disorder, anxiety, and depression". *Int J Emerg Ment Health.* 2005 Winter; 7 (1): 49-57.
59. Sexton H., Maere A., Dahl N.H. "Exercise intensity and reduction in neurotic symptoms. A controlled follow-up study". *Acta Psychiatr Scand.* 1989 Sep; 80 (3): 231-5.
60. Ross CE, Hayes D. "Exercise and psychologic wellbeing in the community". *Am J Epidemiol.* 1988; 127: 762-771.
61. Stephens T. "Physical activity and mental health in the United States and Canada: evidence from four population surveys". *Prev Med.* 1988; 17: 35-47.
62. Goodwin RD. "Association between physical activity and mental disorders among adults in the United States". *Prev Med.* 2003; 36: 698-703.
63. Galper DI, Trivedi MH, Barlow CE, et al. "Inverse association between physical inactivity and mental health in men and women". *Med Sci Sports Exerc.* 2006; 38: 173-178.
64. Scully, D., Kremer, J., Meade, M.M., Graham, R., Dudgeon, K.

- “Physical exercise and psychological well being: a critical review”. *British Journal of Sports Medicine*, 1988; 32, 111-120.
65. O’Neal, H., Dunn, A.L., Martinsen, E.W. “Depression and exercise”. *Int. J. Sport Psychol.*, 2000; 31, 110-135.
 66. Paluska, S.A., Schwenk, T.L. “Physical activity and mental health”. *Sports Med.*, 2000; 29, 167-180.
 67. Penedo, F.J., Dahn, J.R. “Exercise and well-being: a review of mental and physical benefits associated with physical activity”. *Curr. Opin. Psychiatr.*, 2005; 18, 189-193.
 68. Tomporowski, P.D. “Effects of acute bouts of exercise on cognition”. *Acta Psychologica*, 2003; 112, 297-324.
 69. Lawlor, D.A., Hopker, S.W. “The effectiveness of exercise as an intervention in the management of depression: systematic review and meta-regression analysis of randomised controlled trials”. *Br. Med. J.*, 2001; 322, 1-8.
 70. Rot Marije aan het, Collins Katherine A., Fitterling Heidi L. “Physical Exercise and Depression”. *Mount Sinai Journal of Medicine*, 2009, 76: 204-214.
 71. Ströhle A. “Physical activity, exercise, depression and anxiety disorders”. *J Neural Transm. Biological Psychiatry*, 2009 116: 777-784.
 72. Donaghy M., Durward B. “A report on the clinical effectiveness of physiotherapy in mental health”. *Research and Clinical Effectiveness Unit*, Chartered Society of Physiotherapy, 2000.
 73. National Institute for Health and Clinical Excellence. Management of depression in primary and secondary care.
 74. Dietrich A., McDaniel WF. “Endocannabinoids and exercise”. *Br J Sports Med*, 2004, 38: 536-541.
 75. Cotman CW, Berchtold NC. “Exercise: a behavioural intervention to enhance brain health and plasticity”. *Trends in Neurosciences*, 2002; 25 (6): 295-301.
 76. Ernst C, Olson AK, Pinel JPJ, Lam RW, Christie BR. “Antidepressant effects of exercise: evidence for an adult neurogenesis hypothesis?”. *Journal of Psychiatry & Neuroscience*, 2006; 31 (2): 84-92.
 77. Duclos M, Gouarne C, Bonnemaïson D. “Acute and chronic effects of exercise on tissue sensitivity to glucocorticoids”. *Journal of Applied Physiology*, 2003; 94 (3): 869-75.
 78. Dietrich, A. “Functional neuroanatomy of altered states of con-

- consciousness: the transient hypofrontality hypothesis". *Consciousness and Cognition*, 2003; 2, 231-256.
79. Miller, E.K., Cohen, J.D.,. An integrative theory of prefrontal cortex function. *Annual Review of Neuroscience*, 2001; 24, 167-202.
 80. Drevets WC, Price JL, Simpson JR Jr, Todd RD, Reich T, Vannier M, Raichle ME. "Subgenual prefrontal cortex abnormalities in mood disorders". *Nature*. Apr 1997, 24; 386 (6627): 824-7.
 81. Manji, J.K. Drevets, W.C. and Charney, D.S. "The cellular neurobiology of depression". *Nat. Med.* 2001; 7, 541-547.
 82. Mayberg, H.S. "Limbic-cortical dysregulation: a proposed model of depression". *J. Neuropsychiatry Clin. Neurosci.* 1997; 9, 471-481.
 83. Nemeroff, C.B. "Recent advances in the neurobiology of depression". *Psychopharmacol. Bull.* 2002; 36 (Suppl.), 6-23.
 84. Nestler, E.J. Barrot, M. DiLeone, R.J. Eisch, A.J. Gold, S.J. and Monteggia, L.M. "Neurobiology of depression". *Neuron* 2002, 34, 13-25.
 85. Vaidya, V.A. and Duman, R.S. "Depression-emerging insights from neurobiology". *Br. Med. Bull.* 2001, 7, 61-79.
 86. Mayberg, H.S. et al. "The Functional Neuroanatomy of the Placebo Effect". *Am J Psychiatry* 2002 May; 159: 728-737.
 87. Lobstein D., Rasmussen C. "Decreases in resting plasma beta-endorphin and depression scores after endurance training". *The Journal Of Sports Medicine And Physical Fitness*, Edizioni Minerva Medica, Dec 1991; 31 (4): 543-551.
 88. Guskowska M. "Effects of exercise on anxiety, depression and mood". *Psychiatr Pol.* 2004 Jul-Aug; 38 (4): 611-20.
 89. Singh N.A., Clements K.M., Fiatarone MA. "A randomized controlled trial of progressive resistance training in depressed elders". *J Gerontol A Biol Sci Med Sci.* 1997 Jan; 52 (1): M27-35.
 90. Virk G., Reeves G., Rosenthal N.E., Sher L., Postolache T.T. "Short exposure to light treatment improves depression scores in patients with seasonal affective disorder: A brief report". *Int J Disabil Hum Dev.* 2009 Jul; 8 (3): 283-286.
 91. Schiffer F., Johnston A.L., Ravichandran C., Polcari A., Teicher M.H., Webb R.H., Hamblin M.R. "Psychological benefits 2 and 4 weeks after a single treatment with near infrared light to the forehead: a pilot study of 10 patients with major depression and anxiety". *Behav Brain Funct.* 2009 Dec 8; 5: 46.

92. Wirz-Justice A. "From the basic neuroscience of circadian clock function to light therapy for depression: on the emergence of chronotherapeutics". *J Affect Disord.* 2009 Aug; 116 (3): 159-60. Epub 2009 May 15.
93. Motl Robert W., Birnbaum Amanda S., Kubik Martha Y., and Dishman Rod K. "Naturally Occurring Changes in Physical Activity Are Inversely Related to Depressive Symptoms During Early Adolescence". *Psychosomatic Medicine* 2004, 66: 336-342.
94. Ryan ND, Puig-Antich J, Ambrosini P et al. "The Clinical picture of major depression in children and adolescents". *Archives of General Psychiatry*, 1987, 44, pp. 854-861.
95. Shaffer D., Gould M.S. et al. "Psychiatric diagnosis in child and adolescent suicide". *Archives of General Psychiatry* 1996, 53 (6), 339-48).
96. Kessler R.C., Avenevoli S., Ries Merikangas K. "Mood disorders in children and adolescents: an epidemiologic perspective". *Biol Psychiatry* 2001, 49: 1002-1014.
97. Nobile M., Cataldo G.M., Marino C. et al. "Diagnosis and treatment of dysthymia in children and adolescents". *CNS Drugs*, 2003, 17 (13): 927-946.
98. Pinar A., Dilad S. "Adolescent depression: Progress and future challenges in prevention-control activities". *Marmara Medical Journal* 2004, 17 (1); 47-52.
99. Rushton JL, Forcier M, Schectman RM. Epidemiology of depressive symptoms in the National Longitudinal Study of Adolescent Health. *J Am Acad Child Adolesc Psychiatry*, 2002, 41: 199-205.
100. Allison SL Roeger G et al. "Gender differences in the relationship between depression and suicidal ideation in young adolescents". *Aust N Z J Psychiatry* 2001; 34: 498-503.
101. Celi F. *Psicopatologia dello sviluppo*. Mc Graw-Hill, It. Ed. Milano, 2002.
102. Murray K.T., Sines J.O. "Parsing the genetic and nongenetic variance in children's depressive behavior", *Journal of affective disorders*, 1996; 36 (4): 23-24.
103. Mash Eric J., Barkley Russell A. *Child Psychopathology*. The Guilford Press, New York, 2003.
104. Shaffer D, Gould MS et al. Psychiatric diagnosis in child and adolescent suicide. *Archives of General Psychiatry*, 1996, 53 (6), 339-48).

105. Aringolo K. *La depressione nell'infanzia e nell'adolescenza*. Franco Angeli, Milano, 2008.
106. Alvin E. *La diagnosi psicologica nella scuola secondo il DSM-IV*. Erikson, Trento, 2001.
107. Stark K. *Childhood depression. School-based intervention*. Guilford Press, New York, 2002.
108. World Health Organization. *Caring for children and adolescents with mental disorders: Setting WHO directions*. Geneva, Switzerland: World Health Organization, 2003.
109. Woolley, M. E., & Curtis, H.W. "Assessing depression in latency-age children: A guide for school social workers". *Children and Schools*, 2007; 29 (4), 209-218.
110. Carnevale T. An Integrative Review of Adolescent Depression Screening Instruments: Applicability for Use by School Nurses-jcap. *Journal of Child and Adolescent Psychiatric Nursing*, 2010; 25:6 51-57.
111. Beck J. S., Beck, A. T., & Jolly, J. B. *Beck youth inventories*. San Antonio, TX: Psychological Corporation, 2001.
112. Cortese S., Falissard B., Angriman M., Pigaiani Y., Banzato C., Bogoni G., Maffei C. "The relationship between body size and depression symptoms in adolescents". *Journal of Pediatrics*, 2009; 154 (1), 86-90.
113. Cuijpers, P., Boluijt, P. & Van Straten "A. Screening of depression in adolescents through the internet: Sensitivity and specificity of two screening questionnaires". *European Child and Adolescent Psychiatry*, 2008; 17 (1), 32-38.
114. Reynolds, W.M., Mazza, J. J. "Reliability and validity of the Reynolds Adolescent Depression Scale with young adolescents. *Journal of School Psychology*, 1998; 36 (3), 295-312.
115. Annesi, J. J. "Relationship between self-efficacy and changes in rated tension and depression for 9 to 12 year old children enrolled in a 12 week afterschool physical activity program". *Perceptual and Motor Skills*, 2004; 99, 191-194.
116. Crews, D.J., Lochbaum, M.L., & Landers, D.M. "Exercise effects on psychological well-being and academic achievement in low income hispanic children". *Perceptual and Motor Skills*, 2004; 98, 319-324.
117. Johnson Carolyn C., Murray David M., Elder Jhon P., Jared B., Jobe, Dunn Andrea L., Kubik M. Voorhees C., Schachter K. "De-

- pressive Symptoms and Physical Activity in Adolescent Girls”. *Medicine & Science in Sports & Exercise*, 2008; 818-826.
118. Hume C., Timperio A., Veitch J., Salmon J., Crawford D., Ball K. “Physical Activity, Sedentary Behavior, and Depressive Symptoms Among Adolescents”. *Journal of Physical Activity and Health*, 2011, 8, 152-156.
 119. Rothon C., Edwards P., Bhui K. , Viner Russell M., Taylor S. and Stansfeld Stephen A. “Physical activity and depressive symptoms in adolescents: a prospective study”. *BMC Medicine* 2010, 8: 32.
 120. Bahrke, M. S. & Morgan, W. P. “Anxiety reduction following exercise and meditation”. *Cognitive Therapy and Research*, 1978; 2, 323.
 121. Sonstroem, R. J. “Physical estimation and attraction scales: rationale and research”. *Medicine and Science in Sports*, 1978, 10, 97-102. [Medline].
 122. Kraft P., Breivik S., Holsen I., Rosamb. “Body image and depression: a longitudinal study of adolescents aged 13-18”, relazione presentata al XXVII International Congress of Psychology, Stockholm, 23-28 luglio.
 123. Pinar A., Dil?ad S. “Adolescent depression: progress and future challenges in prevention-control activities”. *Marmara Medical Journal*; 2004, 17 (1); 47-52.
 124. Rehm L.P. “A self-control model of depression”. *Behavior therapy*, 1997; 8: 787-804.
 125. Fox K.R. The influence of physical activity on mental well-being. *Public Health Nutr.* 1999; 2 (3A): 411-8.
 126. Weyerer S., Kupfer B. “Physical exercise and psychological health”. *Sports Med.* 1994; 17 (2): 108-16.
 127. Thayer R.E. *The biopsychology of mood and arousal*. Oxford University Press, New York, 1989.
 128. Hale BS, Koch KR, Raglin JS. “State anxiety responses to 60 minutes of cross training”. *Br J Sports Med.* 2002, 36 (2): 105-7.
 129. Taylor C.B., Sallis J.F., Needle R. “The relation of physical activity and exercise to mental health”. *Public Health Rep.* 1985, 100 (2): 195-202.
 130. Teske J.A., Billington C.J., Kotz C.M. “Neuropeptidergic mediators of spontaneous physical activity and non-exercise activity thermogenesis”. *Neuroendocrinology.* 2008; 87 (2): 71-90.
 131. Thompson D., Batterham A.M., Bock S., Robson C., Stokes K.

“Assessment of low-to-moderate intensity physical activity thermogenesis in young adults using synchronized heart rate and accelerometry with branched-equation modelling”. *J Nutr.* 2006 Apr; 136 (4): 1037-42.

132. Guyton Hornsby W., Brynar R.W. *Clinical Exercise Psychology*. In. Brown SP (ed.). *Introduction to Exercise Science*. Lippincott, Williams and Wilkins, Baltimore 2001.