

Effect of exercise volume on depression, anxiety and stress symptoms in tertiary students

HREC Project ID: 2022-202

If you are a university student and experience feelings of depression, anxiety and/or stress, this could be the study for you!

What is this study about?

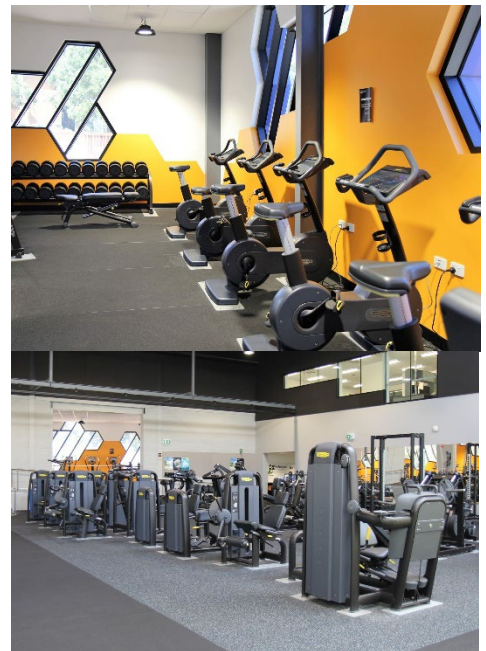
Exercise is known to improve mental health conditions such as depression, anxiety and stress. However, there are currently no exercise guidelines specific to mental health conditions, rather the general guidelines to maintain health (150 minutes of moderate intensity exercise per week) is recommended.

We hope to determine whether a higher volume of exercise is required to better manage symptoms of depression, anxiety and/or stress.

This study will form part of the final year thesis for a Master of Clinical Exercise Physiology student.

If accepted, participants will be asked to:

- Attend one (1) initial face to face session at Federation University's Mount Helen campus (90-minutes)
- Complete 150 minutes OR 300 minutes of moderate-intensity exercise each week, for six week (120 minutes of which will be supervised cardio and weight training sessions in the university gym)
- Keep a diary of exercise completed outside of the supervised sessions
- Attend one (1) final face to face session at Federation University's Mount Helen campus (90-minutes)



Are you eligible?

- 18 years or older
- Can provide informed consent
- Currently exercising for less than 150 minutes per week
- Have no medical/health conditions, which may affect your ability to participate in resistance exercise

Location

All sessions will be held in the Health and Clinical Exercise Centre (P103) or the Health, Sports and Aquatic Centre Gym (Level 2) in Building P at Federation University's Mount Helen campus.

Contact

If you are interested in participating or finding our more information about the study, please contact the Associate Investigator, Mr Riley Marsh on rileymarsh@students.federation.edu.au or the Principal Investigator, Dr Jacqui Pengelly on 03 5327 6933 or j.pengelly@federation.edu.au.

No previous exercise training experience is required