

Mental Health Newsletter

Issue 2

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Exercise and Depression

The evidence continues to grow that regular exercise is one of the best ways to improve your mental health. Some of the recent findings:

- reducing activity leads to an increase in depressive symptoms
- resistance training and aerobic training are as effective as a health education class in reducing depression
- cardiac rehab exercise classes reduce depression in patients recovering from a heart attack (the classes also reduce mortality rates!)
- when different intensities and frequencies of exercise are compared, high energy expenditure exercise 5 times a week is the most effective for reducing depression

Cognitive-behavioral therapy, antidepressant medication, and social support groups have all been used to effectively treat depression. Research now suggests that exercise may also be an effective option for many.

Online Screening Tools

In conjunction with Screening for Mental Health, Messiah College offers a free, confidential [Online Screening for Mental Health](http://www.mentalhealthscreening.org/screening/Welcome.aspx) for *depression, anxiety, bipolar disorder, alcohol abuse, eating disorders and post-traumatic stress disorder*. The screening tool takes only a few minutes to complete and can help you decide if you might benefit from meeting with one of our counselors or another mental health professional.

<http://www.mentalhealthscreening.org/screening/Welcome.aspx>

Faith, Hope, and Health

According to Dr. Harold Koenig, MD, Co-Director of Duke's Center for Spirituality, Theology and Health, research suggests that several characteristics of faith are associated with mental health. Among these are:

- Emphasis on interpersonal relations
- Stress on seeking forgiveness
- Emphasis on forgiving others and oneself
- Provision of hope for healing
- Provision of a paradigm for suffering
- Provision of role models for suffering
- Provision of a supportive community
- Promise of life after death

Mental Disorders in Adults in the United States per year

Did you know?

One in four adults suffers from a diagnosable mental disorder. Other important population stats:

- o Major Depressive Disorder affects 6.7%
- o Bipolar Disorder affects 2.6%
- o Schizophrenia affects 1.1%
- o Suicide is the cause of death for every 11 per 100,000
- o Anxiety Disorders affect 18.1%
- o Panic Disorder affects 2.7%
- o Obsessive Compulsive Disorder affects 1.1 %
- o Post Traumatic Stress Disorder affects 3.5 %
- o General Anxiety Disorder affects 3.1 %
- o Specific Phobias (or fears or avoidance of a specific object or situation) affect 8.7 %
- o Social Phobias affects 6.8%
- o Eating Disorders come in many forms and affect many people different but on average it affects 4% – 10%

Don't forget to be checking the Messiah College Wellness webpage for updated information on programs offered, registration, and deadlines.

http://www.messiah.edu/offices/engle_center/wellness/index.html

Sources: <http://www.mentalhealthscreening.org/screening/Welcome.aspx> , http://www.messiah.edu/offices/engle_center/ , <http://www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml>