

Improving Mental Health and Addressing Mental Illness: Interventions to Reduce Depression among Older Adults, Community-Based Exercise Interventions

Task Force Finding

Intervention Definition

The community-based exercise interventions assessed in this review provide individual or group exercise classes for older adults. These classes may focus on:

- Strengthening
- Endurance
- Functional training

An older adult is defined as 60 years of age or older, and depression outcomes include changes in depression scale scores.

Task Force Finding (February 2008)

The Community Preventive Services Task Force finds insufficient evidence to determine the effectiveness of exercise interventions for reducing depression in older adults. Although the studies reviewed generally found that exercise interventions were associated with improved scores on depression symptom scales, none of the studies reviewed reported results for depressed subjects, so it is unclear whether clinically significant changes can be expected in these populations.

Publications

Frederick JT, Steinman LE, Prohaska T, et al. Community-based treatment of late life depression—an expert panel informed literature review. *Am J Prev Med* 2007;33(3):222–49.

Steinman LE, Frederick JT, Prohaska T, et al. Recommendations for treating depression in community-based older adults. *Am J Prev Med* 2007;33(3):175–81.

Snowden M, Steinman L, Frederick J. Treating depression in older adults: challenges to implementing the recommendations of an expert panel. *Prev Chronic Dis* 2008;5(1):A26.

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

Document last updated January 23, 2014

Suggested citation:

The Community Preventive Service Task Force (CPSTF). *Improving Mental Health and Addressing Mental Illness: Interventions to Reduce Depression among Older Adults, Community-Based Exercise Interventions*. The Community Guide [www.thecommunityguide.org]. The Community Preventive Service Task Force, Atlanta, Georgia, 2008. <https://doi.org/10.15620/cdc/164223>