

Exercise and Depression Research at Duke University, 1999-2007

Effective of Exercise Training on Older Adults with Major Depression

<http://archinte.ama-assn.org/cgi/content/full/159/19/2349>

In *Archives of Internal Medicine*, Vol. 159 No. 19, Oct. 25, 1999

James A. Blumenthal, PhD; Michael Babyak, PhD; Kathleen A. Moore, PhD; W. Edward Craighead, PhD; Steve Herman, PhD; Parinda Khatri, PhD; Robert Waugh, MD; Melissa A. Napolitano, MA; Leslie M. Forman, MD; Mark Applebaum, PhD; P. Murali Doraiswamy, MD; Teri T. and K. Ranga Krishnan, MD

Exercise Treatment for Major Depression: Maintenance of Therapeutic Benefit at 10 Months

<http://www.psychosomaticmedicine.org/cgi/reprint/62/5/633>

In *Psychosomatic Medicine*, 62:633-638 (2000)

Michael Babyak, PhD; James A. Blumenthal, PhD; Steve Herman, PhD; Parinda Khatri, PhD; Murali Doraiswamy, MD; Kathleen Moore, PhD; W. Edward Craighead, PhD; Teri T. Baldewicz, PhD; and K. Ranga Krishnan, MD

Exercise is an Effective Antidepressant: 2000 study find that it also keeps depression from returning.

<http://mentalhealth.about.com/cs/mindandbody/a/exercisedep.htm>

In *About.Com: Mental Health*, by Leonard Holmes, updated **Nov. 24, 2003**

Exercise and Pharmacotherapy in the Treatment of Major Depressive Disorder [included study of home-based as well as supervised exercise]

<http://www.psychosomaticmedicine.org/cgi/content/abstract/69/7/587>

In *Psychosomatic Medicine* 69:587-596 (2007)

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.