

# Associations of moderate to vigorous physical activity and sedentary behavior with depressive and anxiety symptoms in self-isolating people during the COVID-19 pandemic: A cross-sectional survey in Brazil

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This is a cross-sectional study evaluating the associations of self-reported moderate to vigorous physical activity, and sedentary behavior with depressive, anxiety, and co-occurring depressive and anxiety symptoms (D&A) in self-isolating Brazilians during the COVID-19 pandemic. Depressive and anxiety symptoms were collected using the Beck Depression and Anxiety Inventories (BDI and BAI). Among the 937 participants (females=72.3%), those performing  $\geq$ 30 min/day of moderate to

vigorous or ≥15 min/day of vigorous physical activity had lower odds of prevalent depressive, anxiety, and co-occurring D&A symptoms. Those spending ≥10 h/day sedentary were more likely to have depressive symptoms. © 2020 Elsevier B.V.

Covid-19

Depression

Physical activity

adult

anxiety disorder

Article

Beck Anxiety Inventory

Beck Depression Inventory

Brazil

Brazilian

controlled study

coronavirus disease 2019

cross-sectional study

depression

disease association

female

human

male

physical activity

prevalence

priority journal

sedentary lifestyle

young adult