

Association between Agility, Health-Related Quality of Life, Depression, and Anthropometric Variables in Physically Active Older Adult Women with Depression

- Galán-Arroyo C.^a
- Pereira-Payo D.^b
- Hernández-Mocholí M.A.^c
- Merellano-Navarro E.^d
- Pérez-Gómez J.^b
- Rojo-Ramos J.^e
- Adsuar J.C.^a

Abstract

Introduction. Depressive disorders are mental disorders that last over time, and seriously affect the lives of the people who suffer from them, diminishing their quality of life, reducing their motor capacity, and incapacitating them in their daily lives. It is a major problem worldwide. **Objective.** To study the association between agility, health-related quality of life (hrqol), anthropometric status, and depression status in older adult women with depression. **Design.** Data collected from 685 physically active older women with depression were analyzed. **Result.** A moderate inverse correlation ($r = -0.34$) is shown between Time Up & Go (TUG) and EuroQol Five-Dimensional Three-Level Version (EQ-5D-3L). Between TUG and Geriatric Depression Scale (GDS), there is a small direct correlation ($r = 0.14$) between them. Between TUG and anthropometric data, all observed correlations are significant. **Conclusions.** There is a significant association between agility, health-related quality of life, depression, and anthropometric data in physically active older women with depression. © 2022 by the authors. Licensee MDPI, Basel, Switzerland.

Author keywords

Active older adult women; Agility; Depression; Depressive symptomatology; Health-related quality of life