

## Background

Scientific Title	The Effects of exercise type and physical activity amount on depression symptom, physical fitness and colon transit time			
CRIS Registration No.	KCT0002818			
MFDS Regulated Study	No	Registered at Other Registry	No	-

## Contact Details & Status

Contact Person for Principal Investigator / Scientific Queries	YEON SOO KIM	Seoul National University			
Study Site	Single	Name of Study Site	Seoul National University		
Overall Recruitment Status	Completed	Primary Completion Date	2013-02-28	Study Completion Date	2013-02-28
Target Sample Size	200	Date of First Enrollment	2012-03-01	Status of First Enrollment	Actual

## Source of Monetary/Material Support & Sponsor Organization

Source of Monetary/Material Support 1	Seoul National University
Sponsor Organization 1	Seoul National University

## Study Summary

Lay Summary	The purpose of this study was to analyze the effect of physical form and physical activity on depressive symptoms, basic physical strength and colonic transit time in hospitalized patients with relatively low physical activity compared to normal subjects, The purpose of this study was to find out the appropriate amount of physical activity and exercise to relieve symptoms of depression, improve basic physical strength and relieve symptoms of constipation.
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## Study Design

Study Type	Interventional Study	Study Purpose	Supportive Care	Phase	해당사항없음(Not applicable)
Intervention Model	Parallel	Blinding/Masking	Open	Allocation	RCT
Intervention Type	Behavioral	Number of Arms	2		
Intervention Description	exercise group : 3 times * 90minute, During12-week, aerobicexercise and resistance exercise. control group : maintain routine activities of day living.				

Arm 1	Arm Label	exercise group	Target Number of Participant	100	Arm Type	Experimental
	Arm Description	3 times * 90minute, During12-week, aerobicexercise and resistance exercise.				
Arm 2	Arm Label	control group	Target Number of Participant	100	Arm Type	No intervention
	Arm Description	maintain routine activities of day living.				

## Subject Eligibility

Condition(s) / Problem(s)	* Mental and behavioral disorders Depressive Symptoms			Rare Disease	No
Gender	Both	Age	20(Year) ~ 60(Year)	Healthy Volunteers	Yes
Inclusion Criteria	Patients were offered enrollment if they had not participated in any structured exercise program in the past 12 months and had no physical limitations impeding normal activity.				
Exclusion Criteria	Patients were denied enrollment according to diagnosis of cardiovascular or orthopedic diseases with potential effects on CTT, diagnosis of functional stomach diseases, undergoing treatment with				

## Outcome Measure(s)

Type of Primary Outcome	Not applicable				
Primary Outcome 1	Outcome	colon trasit time	Timepoint	pre-post	
Secondary Outcome 1	Outcome	fitness test	Timepoint	pre-post	
Secondary Outcome 2	Outcome	physical activity amount	Timepoint	pre-post	
Secondary Outcome 3	Outcome	depression system	Timepoint	pre-post	

## Study Results and Publication

Results	
Number of publications	0

## Sharing of Study Data (Deidentified Individual-Patient Data, IPD)

Sharing Statement	No
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