

Alleviating depressive symptoms through lifestyle modifications: Could *smartphone-based app* be relevant?

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Background

Major depressive disorder (MDD)

- = one of the most common psychological disorders^[1].
- impacts everyday life, in all life domains (e.g., lifestyle).

"Lifestyle"

- includes everyday behaviors in several life domains (e.g., job, entertainment, sleep, diet, sport).

Regarding MDD, previous studies highlighted that *lifestyle modifications can actually reduce depressive symptoms*^[2].

→ **Despite these promising evidences, lifestyle modifications as part of clinical interventions have been poorly investigated.**

Aims and planned Methods

Assessing the impact of a mobile application -based on lifestyle modifications- on the alleviation of depressive symptoms

Identify lifestyle-related health behaviors associated with depression → Creation of a lifestyle assessment tool

Assessing the effectiveness of a mobile app based on lifestyle modifications on depressive symptoms and stability of outcomes at follow-up

A correlational study (N = 385) will highlight which lifestyle-related (un)healthy behaviors are most associated with depression.

20 depressed subjects will access to a lifestyle modifications app. Pre- and post-intervention assessment + a 3-month follow-up assessment + a multiple-baseline evaluation design.

Bibliography

1 World Health Organization. (2017). Depression and other common mental disorders: global health estimates (No. WHO/MSD/MER/2017.2). World Health Organization.

2 Currier, D., Lindner, R., Spittal, M. J., Cvetkovski, S., Pirkis, J., & English, D. R. (2020). Physical activity and depression in men: Increased activity duration and intensity associated with lower likelihood of current depression. *Journal of affective disorders*, 260, 426-431. <https://doi.org/10.1016/j.jad.2019.09.061>

Conclusion and Predicted Findings

- Clinical interventions which aim at modifying lifestyle have been poorly addressed while **providing digital lifestyle interventions can allow patients to receive cost effectively evidence-based services, without fear of stigma.**
 - The COVID-19 pandemic also underlined the need for efficient interventions which could be offered remotely.
- **Considering the research background, it is predicted that the smartphone-based lifestyle modifications might be effective in alleviating depressive symptoms.**