

Paper Category:	
Paper Title: (Arial Font; 14 Pt Size)	Association between physical activity and depressive symptoms in community-dwelling older Japanese women with sarcopenic obesity.
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <p>【Background】 Depressive symptoms (DS) increase in old age. The co-existence of sarcopenia and obesity, i.e. sarcopenic obesity, has been associated with DS in some previous studies. Recently, several studies have reported that reduced physical activity (PA) has a negative impact on DS. Therefore, this study aimed to investigate the interaction between sarcopenic obesity and PA on the risk of DS in community-dwelling older Japanese women.</p> <p>【Objectives】 Participants were 143 community-dwelling older women. Inclusion criteria were (1) age ≥ 64 years, (2) female, (3) living in A city, (4) not diagnosed with dementia, (5) no gait disturbance, (6) not taking antidepressants, (7) independent in daily life, and (8) meeting the analysis criteria of PA.</p> <p>【Method】 Participants were divided into four groups (normal, sarcopenia, obesity, sarcopenic obesity). PA was measured using a tri-axial accelerometer. DS was assessed by a self-administered survey consisting of the 15-item Japanese version of the Geriatric Depression Scale (GDS-15). The interaction between sarcopenic obesity groups and PA on the risk of DS was examined by two-way ANCOVA with age as a covariate ($p < 0.05$).</p> <p>【Results】 The interaction between sarcopenic obesity groups and total PA did not affect GDS-15 scores. Among participants with sarcopenic obesity, those in the Low PA group had significantly higher GDS-15 scores compared with those in the High PA group. In addition, sarcopenic obesity participants in the Low PA group had significantly higher GDS-15 scores compared to normal participants in the Low PA group.</p> <p>【Discussions and Conclusions】 In this study, sarcopenic obesity in the Low PA group had significantly higher GDS-15 scores compared to sarcopenic obesity in the High PA group. Older women with sarcopenic obesity with low activity levels may need careful attention on their exercise prescription in order to prevent DS.</p>	