# Article information:

Long distance ski racing is associated with lower long-term incidence of depression in a population based, large-scale study - ScienceDirect  
<https://www.sciencedirect.com/science/article/pii/S0165178119307796>

# Article summary:

1. Participation in an ultralong-distance cross-country ski race is associated with a lower risk of developing depression, according to a large-scale study following 395,369 individuals for up to 21 years.

2. Both male and female skiers have a lower incidence of depression compared to non-skiers from the general population.

3. A higher fitness level, measured as the finishing time to complete the race, was associated with even lower incidence of depression in men but not in women.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Long distance ski racing is associated with lower long-term incidence of depression in a population-based, large-scale study" presents an observational study that investigates the association between ultralong-distance ski racing and subsequent diagnosis of depression in a large-scale, population-based cohort. The study aims to investigate the impact of fitness level as a measurement of exercise dosage on depression in men and women separately.

The article provides a detailed analysis of the study design, methods, and results. It highlights that skiers have a lower incidence of depression compared to non-skiers, and both male and female skiers have a lower incidence of depression. The article also notes that higher exercise dose in men was associated with even lower incidence of depression, but the exercise dose did not impact subsequent incident depression in women.

However, there are some potential biases and limitations to consider when interpreting the results presented in this article. Firstly, the study design is observational, which means that it cannot establish causality between skiing and lower incidence of depression. Secondly, the study only includes participants who completed an ultralong-distance cross-country ski race, which may not be representative of the general population. This could lead to selection bias as individuals who participate in such races may have different characteristics than those who do not.

Additionally, while the article notes that previous studies have shown physical activity to be beneficial for prevention of depression, it does not explore potential counterarguments or limitations to this claim. For example, some studies have found no significant difference between exercise and antidepressant medication alone or cognitive behavioral therapy alone.

Furthermore, while the article notes that exercise has been proposed as a treatment for individuals suffering from mild to moderate depression and not for more severe cases where failure of adherence to exercise programs due to depressive symptoms might be an important limitation, it does not provide any evidence or data supporting this claim.

Overall, while this article presents interesting findings regarding the association between skiing and lower incidence of depression, it is important to consider potential biases and limitations when interpreting the results. Further research is needed to establish causality and explore potential counterarguments or limitations to the claim that physical activity can prevent depression.

# Topics for further research:

* Limitations of exercise as a treatment for depression in severe cases
* Comparison of exercise
* antidepressant medication
* and cognitive behavioral therapy for depression
* Selection bias in observational studies of physical activity and depression
* Mechanisms underlying the association between exercise and lower incidence of depression
* Gender differences in the impact of exercise on depression
* Long-term effects of ultralong-distance ski racing on mental health

# Report location:

<https://www.fullpicture.app/item/218f1ad0b5882dd9f53a19759395b0d6>