Topic 1 - Exercise and Happiness

The following comments are very rough and are intended to help students begin their research on this topic.

A recent research paper (search for it on the SFU Library Website)

Physical Activity and Incident Depression: A Meta-Analysis of Prospective Cohort Studies

Felipe B. Schuch, Ph.D., Davy Vancampfort, Ph.D., Joseph Firth, Ph.D., Simon Rosenbaum,Ph.D., Philip B. Ward, Ph.D., Edson S. Silva, B.Sc., Mats Hallgren, Ph.D., Antonio Ponce De Leon, Ph.D., Andrea L. Dunn, Ph.D., Andrea C. Deslandes, Ph.D., Marcelo P. Fleck, Ph.D., Andre F. Carvalho, Ph.D., Brendon Stubbs, Ph.D.

Published Online:25 Apr 2018https://doi.org/10.1176/appi.ajp.2018.17111194

The American Journal of Psychiatry, Volume 175, Issue 7, pages 631 – 648

Physical exercise can help protect us from depression.

Zhang, Z., Chen, W. A Systematic Review of the Relationship Between Physical Activity and Happiness. J Happiness Stud 20, 1305–1322 (2019). <https://doi.org/10.1007/s10902-018-9976-0>

A survey of numerous studies – indicating a strong relationship between exercise and happiness.

This research paper was discussed in the New York Times article,

Even a Little Exercise Might Make Us Happier, by Gretchen Reynolds, May 2, 2018

<https://www.nytimes.com/2018/05/02/well/move/even-a-little-exercise-might-make-us-happier.html>

Students who choose this topic must cite and paraphrase important information from at least two other peer reviewed Journal articles.

Finally, if exercise is your topic for the final essay, you must spend at least 4 weeks using exercise as a way of increasing your happiness, writing at least three significant paragraphs describing your experience (in Part 2 of the Essay project).