

Project title: Physical activity-based intervention in depressed patients: clinical, neurophysiological, epigenetic and metabolic correlates	
Project ID: PNRR-MCNT2-2023-1237777	
CUP: C83C24000210007	
Description: (1500 caratteri spazi inclusi)	
<p>Major depressive disorder (MDD) is a leading cause of disability worldwide. Limited response and poor adherence to antidepressants have raised interest in complementary non-pharmacological strategies, with physical activity (PA) as a promising intervention.</p> <p>This project, funded by the Italian Ministry of Health under the PNRR program (M6/C2_CALL 2023; Project code: PNRR-MCNT2-2023-1237777), aims to investigate whether PA, added to standard care, enhances the effects of antidepressants on depressive symptoms (primary outcome) and explores the epigenetic, transcriptomic, metabolic, and neurophysiological mechanisms underlying PA's potential effects (secondary outcomes).</p> <p>Two cohorts will be involved in the study. The first cohort will consist of newly recruited MDD patients under antidepressant treatment who will take part in a randomized controlled trial comparing standard care alone and in combination with a structured 12-week PA program. Assessments will include validated clinical scales to evaluate depressive symptoms, daily functioning, and quality of life, EEG recording and blood collection.</p> <p>The second is the Moli-Sani cohort, a large population-based cohort that will be used to explore the associations between depressive symptoms, PA levels, metabolic and epigenetic markers.</p> <p>The project is expected to provide evidence supporting PA as an effective, cost-efficient, and sustainable intervention for MDD, contributing to personalized medicine and reducing its global burden.</p>	
Financing Programme:	
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IRCCS Role Coordinator/ Partner: Coordinator	
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State of the project: On going	
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Website: https://clinicaltrials.gov/study/NCT06989944 ;	
Website of the project is under construction	