|  |
| --- |
| **Title of Research Presentation** Associations of Physical Activity and Sedentary Behaviour with Depression Symptoms in the First Trimester |
| **Background/Objectives**Associations of physical activity (PA) and sedentary behaviour (SB) with depression symptoms are unclear of pregnant woman. The aim of this study was to examine the associations between PA and/or SB with depression symptoms of pregnant woman in the first trimester.**Methods**This study was based on data from the Chinese Pregnant Women Cohort study (CPWCS), a multicentre, prospective, cohort study in China. We used self-designed questionnaire to collect general information. International Physical Activity Questionnaire-Short (IPAQ-S) and Edinburgh Postnatal Depression Scale (EPDS) were used to assess the PA (deficient: <600MET-minutes/week, sufficient: ≥600MET-minutes/week) and SB (sat ≤8 hours/day, sat >8hours/day) and depression symptoms respectively. Pregnant women who completed EPDS and answered definitely and logically at least one of PA (n=5159) and SB (n=4729) were respectively included in the analysis. Chi-square test and binary logistic regression were conducted to evaluate the association between PA and/or SB and depression symptoms.**Results**39.3% women did sufficient PA and 46.7% had depression symptoms among the sample of 5159 participates. In the adjusted models, women with sufficient PA were less likely to have depression symptoms compared to those deficient (OR=0.819, 95%CI:0.731-0.918). For the 4729 respondents answered sedentary behaviour clearly, 17.1% sat >8hours/day and the depression rate was 45.8%. Pregnant women sat ≤8 hours/day had lower odds rate of having depression symptoms than woman sat>8 hours/day (OR=0.808, 95%CI:0.693-0.943).**Discussion**Sufficient PA and/or less SE were associated with a reduced likelihood of depression symptoms in the first trimester. Future studies will focus on PA and/or SE and depression symptoms throughout pregnancy and postpartum to further explore cause-effect relationships.**Key words**Physical Activity; Sedentary Behaviour; Depression Symptoms  |