

'The pilot evaluation of a web based intervention for physical activity and depression'

Jeff Lambert, Colin Greaves, Adrian Taylor, Paul Farrand and Anne M Haase

Background: In trials, moderate effect sizes have been found for physical activity as a treatment for depression. Physical activity may also help to prevent depressive relapse, and provides additional psychological benefits such as positive self-regard and a sense of competence. However, trials often recruit highly motivated individuals limiting the transferability of this evidence to depression in the real world. As such, evidence on scalable, community based interventions which promote physical activity in people with depression are needed. **Aims:** This talk aims to describe the pilot evaluation a web based intervention to reduce depressive symptoms and promote physical activity in a community setting (eMotion). The results relating to recruitment, retention, fidelity, acceptability as well as exploratory analysis of primary outcomes (depression) will be reported.