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Depressive symptoms and physical activity among community dwelling premenopausal women: a prospective longitudinal study**Chuanya Huang***Sichuan University, China*

Background: Women in premenopausal are vulnerable to depressive symptoms and depression, and physical activity is reported to be a potential protective factor. However, the trajectories of physical activity and depressive symptoms over time and their longitudinal relationships in Chinese premenopausal women have not been explored yet, leaving a research gap hindering us from better understanding and managing perimenopause depression. **Methods:** A multi-centre prospective longitudinal study was conducted in four cities in Sichuan Province, China. Depressive symptoms and physical activity in premenopausal women were collected in March 2019, June 2019, September 2019, and December 2019, respectively. Multivariable linear regression by generalized estimation equation was used to identify the relevant factors associated with depressive symptoms and physical activity. A four-wave autoregressive and crosslagged panel model was performed to explore their longitudinal relationships. **Results:** A total of 1875 women who completed the four-wave data collection were included in the data analysis. Depressive symptoms exacerbated over time and were associated with women's age, monthly income, marital status, chronic disease, and negative life events. Physical activity decreased over time and was associated with educational background and monthly income. According to our cross lagged panel model, premenopausal women with more severe depressive symptoms tended to be less physically active, and similarly, premenopausal women with less physical activity were more prone to report more severe depressive symptoms.

Conclusion: The cross-lagged panel model disclosed longitudinal bidirectional predictive relationships between depressive symptoms and physical activity in premenopausal women. Appropriate physical activity should be recommended for premenopausal women to improve their mental well-being. Tailored physical activity duration and maintenance measures should be proposed based on different sociodemographics.

Biography

Chuanya Huang is a Ph.D. candidate at Sichuan University, China. She is also a visiting Ph.D. student at the National University of Singapore. Her research interests are in midwifery, perinatal care, and women's health. She has published several studies in international journals.