

The Impact of Physical Activity Coping & Neighborhood-Level Factors on Adolescent Depression

Taylor Swenski, B.S., Sarah Walton, Lindsey Brownfield, & Jocelyn Smith Carter, Ph.D.
DePaul University

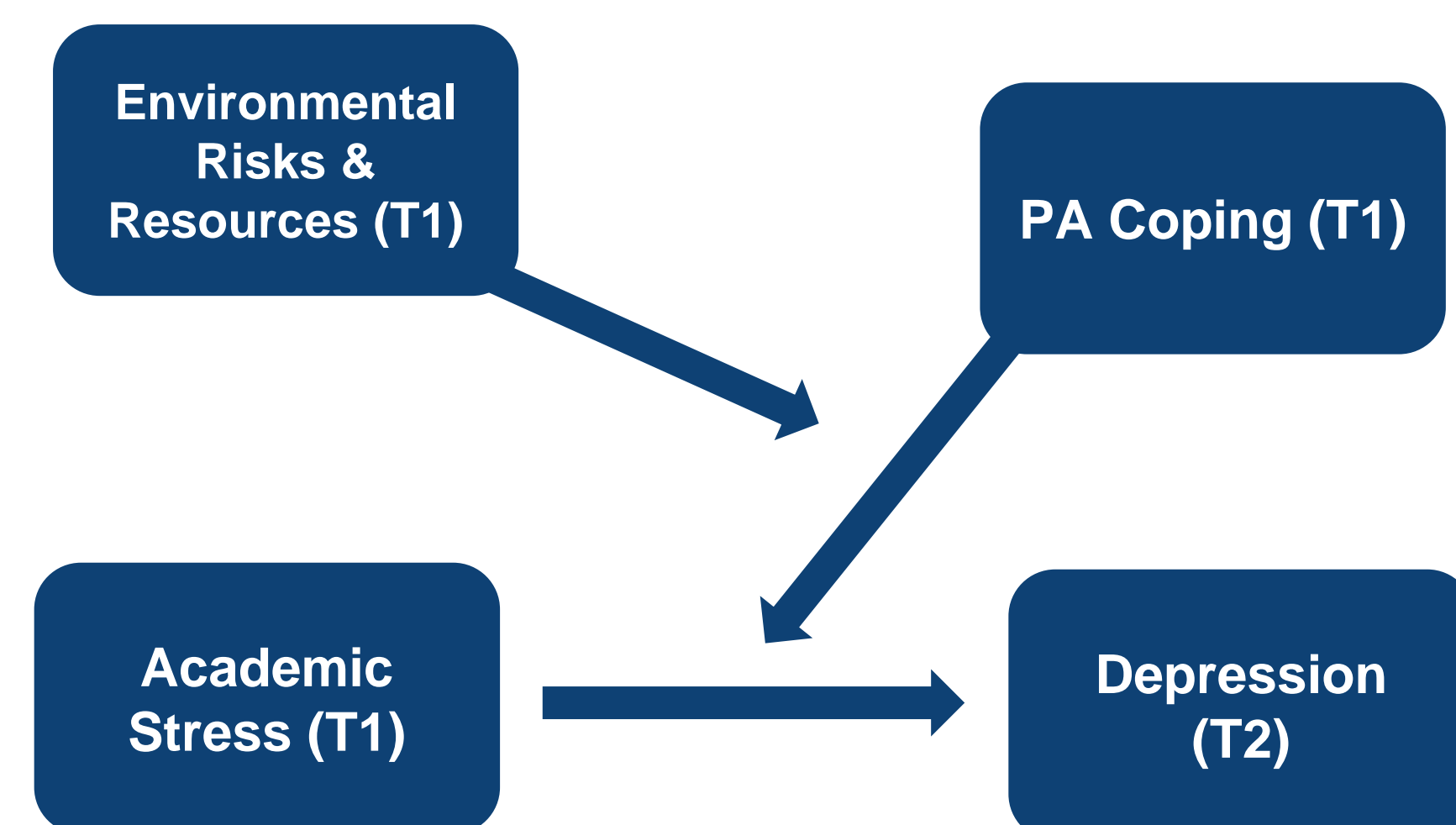
BACKGROUND

Physical activity, though a protective coping mechanism against depression in youth, is impacted by environmental contexts, and thus is not equally accessible to all.

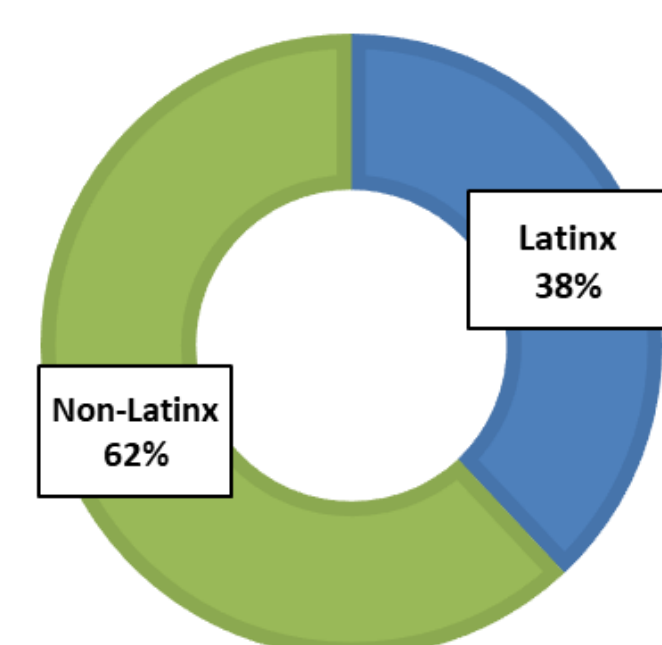
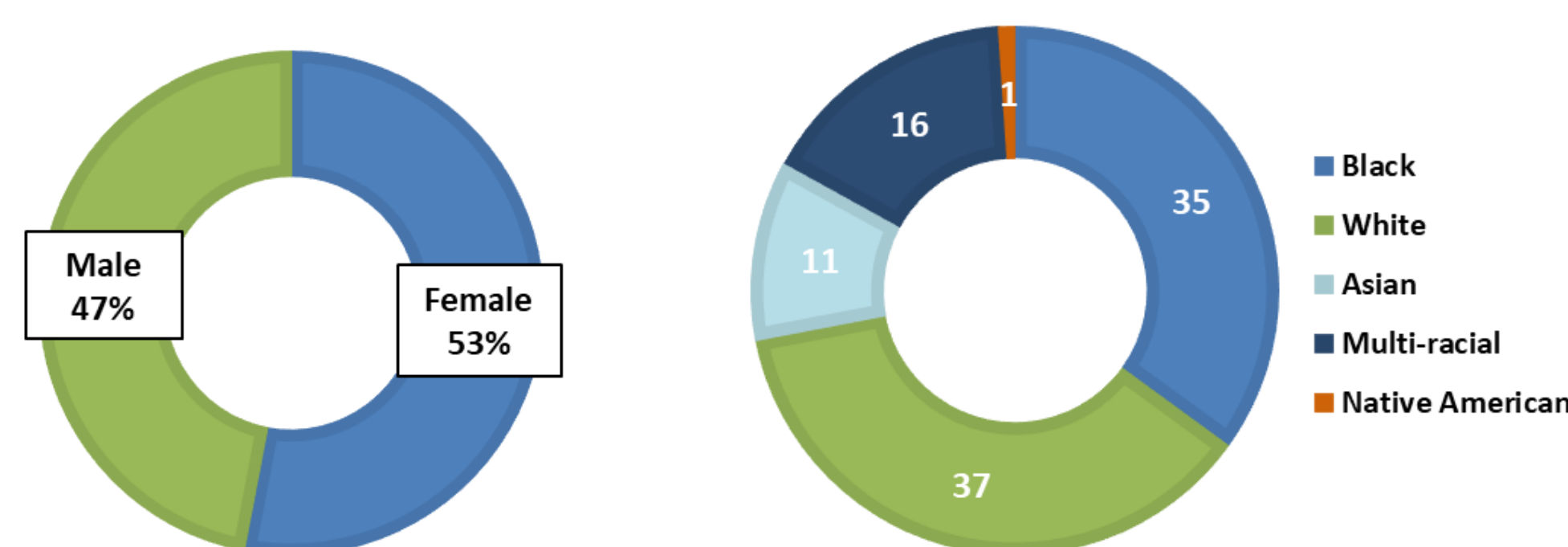
Research Questions:

RQ1: Does PA coping moderate the effect of academic stress on depression?

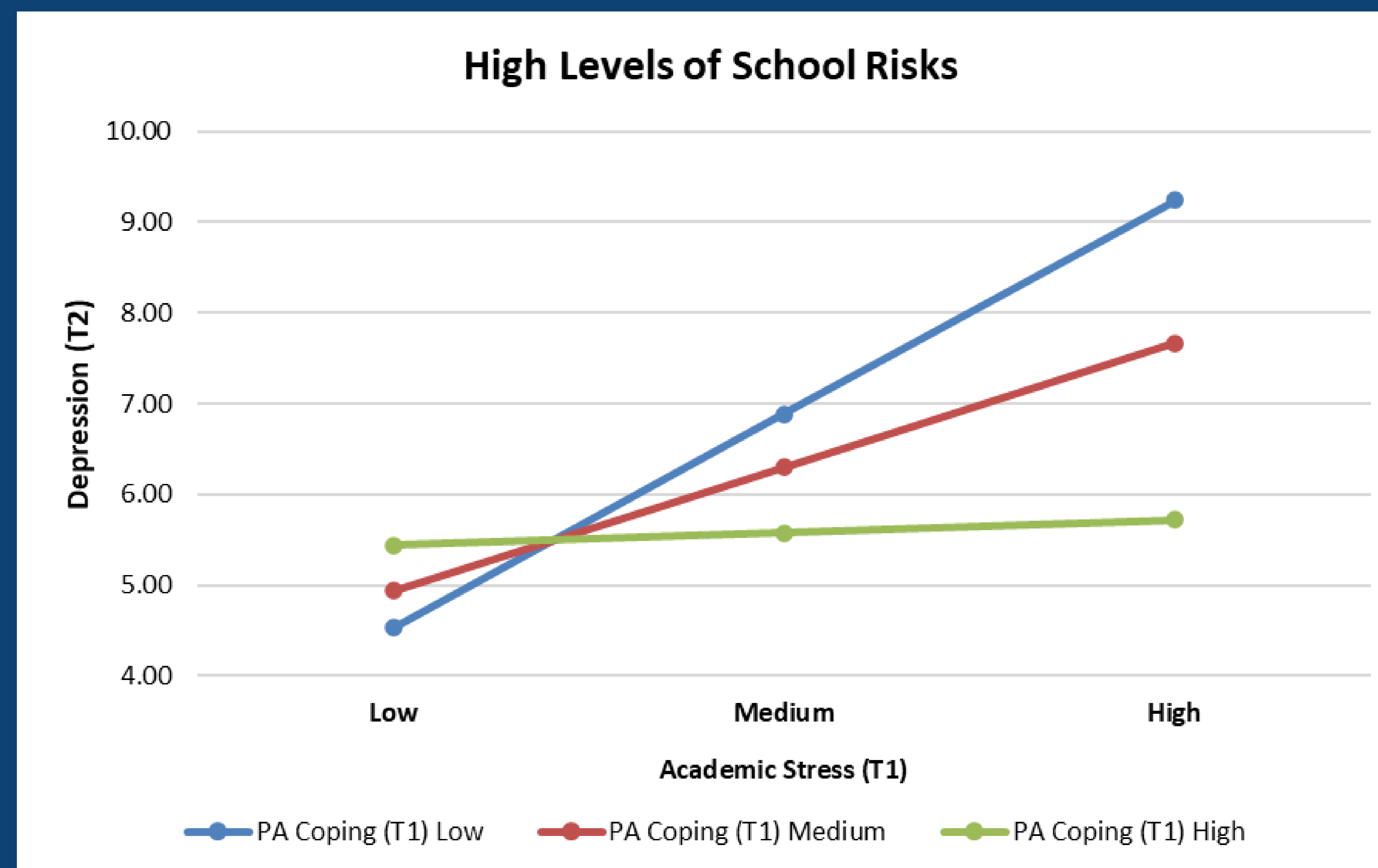
RQ2: Do environmental factors moderate the buffering effect of PA coping on the relationship between academic stress and depression?



METHODS (N=373, Mage=14.0±1.9)



For youth who reported high levels of risk in the **school** setting, **physical activity coping** buffered the relationship between **academic stress** and **depression**.



TSWENSKI@depaul.edu
SWALTO10@depaul.edu



MEASURES

Response to Stress Questionnaire - Academic (Connor-Smith et al., 2000):

Academic Stress - "Getting bad grades or report cards."

PA Coping - "I let my feelings out by exercising."

System Level Stressors (Grant et al., 222):

Resources (e.g. access to sports equipment, parks) and risks (e.g. crime) for PA at the *home, school, and neighborhood* levels.

Children's Depression Inventory (Kovacs, 1979, 1992)

RESULTS

RQ1: The main ($b = .40, p = .676$) and interactive ($b = -.04, p = .302$) effects of PA coping did not significantly predict depression.

RQ2: There was a significant 3-way interaction between academic stress x PA coping x school risks ($b = -.07, p = .029$).

DISCUSSION

Future research should investigate:

- (1) Preventative mechanisms of PA coping
- (2) How policy can be used to bolster protective resources