

1. Record Nr.	UNINA9910714409203321
Titolo	Biomass: Comparison of Definitions in Legislation (R40529) [2019]
Pubbl/distr/stampa	Washington, D.C
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910903793003321
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Titolo	Exercise and Mental Health / / edited by Josh M. Cisler, Kevin M. Crombie, Thomas G. Adams
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2024
ISBN	3-031-68977-1
Edizione	[1st ed. 2024.]
Descrizione fisica	1 online resource (398 pages)
Collana	Current Topics in Behavioral Neurosciences, , 1866-3389 ; ; 67
Altri autori (Persone)	CrombieKevin M AdamsThomas G
Disciplina	613.17019
Soggetti	Medicine - Research Biology - Research Medicine Psychiatry Human physiology Neurosciences Learning - Physiological aspects Memory - Physiological aspects Biomedical Research Clinical Medicine Human Physiology Neuroscience Learning and Memory
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

Nota di contenuto

Part I Basic research on effects of exercise on physiological systems and health -- Foundations of exercise and physical activity research -- Applied physical activity epidemiology Relationship of physical activity and exercise exposures with health outcomes -- Multiple sex and circuit-specific mechanisms underlie exercise-induced stress resistance -- Exercise and neuroendocrinology -- Part II Exercise and laboratory studies of mood and cognition -- Exercise and acute cognitive enhancement -- Exercise and acute affect -- Exercise and fear and safety learning -- Exercise and memory -- Part III Exercise and clinical symptoms and treatment -- Exercise for the prevention and treatment of depression -- Exercise and smoking cessation -- Exercise and anxiety -- Adaptive and maladaptive exercise in eating disorders -- Exercise and ptsd -- Exercise and protection from age-related cognitive decline -- Physical activity and fatigue symptoms Neurotypical adults and people with chronic multisymptom illnesses -- Influence of regular physical activity on sleep -- Exercise training for chronic pain Available evidence, current recommendations, & potential mechanisms -- Exercise and schizophrenia -- The placebo effect in exercise and mental health research.

Sommario/riassunto

This edited volume describes key domains of the emerging research literature linking exercise and mental health. The volume is divided into three sections. The first section provides an overview of foundational knowledge regarding basic processes of exercise, including neurocircuitry, neurotransmitter, and immunology systems. The second section describes emerging research on the acute impact of exercise on affect, mood, and cognition. The third section explores the role of exercise in the etiology and treatment of related mental and physical health disorders, including depression, PTSD, eating disorders, and autoimmune disorders. Collectively, this volume provides readers with foundational knowledge of what exercise is, the basic brain, behavioral and cognitive processes engaged by exercise, and a role of exercise in developing and treating mental health disorders.