

CONTENTS

Dedication.....	3
Acknowledgements.....	3
List of Figures	9
List of Tables.....	10
Dansk resumé.....	11
خلاصه فارسی (Persian summary)	13
English Summary	15
Abbreviations	17
INTRODUCTION.....	19
THE SELF.....	21
The distinct aspects of self.....	21
Self-related psychological processes	22
Self-attention process	22
Self-cognitive process	23
Self-regulation process	23
Self-concept.....	24
Self-esteem	27
Self-esteem and psychological well-being	28
Multidimensional self-esteem.....	29
Physical self.....	31
Exercise and self-regulation	32
Exercise and cognitive processes	32
Exercise and self-esteem	33
Exercise and Self-Esteem Model	34
Exercise and self-perception	38
Physical self assesment.....	39
The Physical Self-Perception Profile (PSPP).....	41
Relations between PSDQ, RPSCS and PSPP	42
DEPRESSION: DESCRIPTION, SYMPTOMS & EPIDEMIOLOGY.....	44
Self-esteem and mood disorders.....	45
Self-esteem and depression	47
Exercise and mental status.....	49
Exercise and depression.....	51

Antidepressant hypothesized mechanisms of exercise.....	54
Physiological hypotheses:	55
Cardiovascular Fitness hypothesis	55
Thermogenic / Pyrogen hypothesis	55
Biochemical hypotheses:	56
Brain Blood Flow hypothesis	56
Monoamine hypothesis	57
Endorphin hypothesis	58
HPA hypothesis	59
Psychological hypotheses:.....	60
Cognitive-behavioral hypothesis	60
Self-efficacy hypothesis	61
Self-esteem hypothesis.....	62
Mastery hypothesis.....	63
Distraction hypothesis.....	63
Social Interaction hypothesis.....	65
Conclusion.....	67
Relation between exercise, self-esteem and depression.....	68
AIMS OF THE DISSERTATION AND STUDIES CONDUCTED.....	71
METHODOLOGICAL ISSUES.....	72
Design and recruitment.....	72
Participants	72
Interventions (Study II).....	74
Aerobic exercise (Endurance training)	74
Anaerobic exercise (Strength training).....	74
Control group (Relaxation training).....	75
Assessment and outcome measures	75
Outcome measures:	75
The Physical Self-Perception Profile (PSPP)	75
The Rosenberg Self-Esteem Scale (RSES).....	76
The Beck Depression Inventory (BDI).....	77
The Hamilton Anxiety Rating (HAM-A) Scale	77
The maximal oxygen uptake (VO_{2max})	77
Heart rate maximum (HR_{max})	77
Muscle strength measurement	77
(1-RM for knee extension, chest press and leg press)	77

Body Mass Index (BMI).....	78
Ethical issues	78
Data analysis strategy and statistical methods	78
Study I:	78
Study II:.....	79
Study III:	80
Path models	81
RESULTS/ FINDINGS	86
Study I:	86
Descriptive statistics and internal consistency	86
Exploratory Factor Analysis	88
Confirmatory Factor Analysis	89
Discriminant Analysis	91
Path Analyses.....	91
Study II:.....	94
Adherence and drop-out rate.....	94
The impact of the intervention on physiological indices.....	95
Changes in physical self-perceptions.....	97
Changes in self-esteem, depression and anxiety.....	97
Correlations between changes in psychological indices and psychological dependent variables.....	98
Comparison between low-fit vs. non-low fit patients.....	100
Study III:	102
Descriptive statistics and change scores	102
Association between fitness, physical self-perceptions, self-esteem, depression and anxiety across time.....	103
Path analyses/models	106
Cross sectional path analyses at post-intervention (time 2).....	107
Cross sectional path analyses at 12 months follow-up (time 3).....	110
Model 7. Longitudinal test for skill development hypothesis	112
Model 8. Longitudinal test for self-enhancement hypothesis	116
GENERAL DISCUSSION	120
Discussion for Study I	120
Perspectives.....	121
Discussion for Study II.....	122
Main findings.....	122
The strengths of Study	124

Limitations	125
Conclusions and perspectives	126
Discussion for Study III.....	126
Limitations	131
Conclusions	132
Implications for further studies.....	132
References.....	134
Appendix.....	159