**Psychiatry & Psychotherapy Podcast Series: Episode 230: Exercise Compared to Medications or Therapy for Depression**

January 28, 2025 – December 31, 2025

**Purpose**

This episode will discuss exercise compared to medications or therapy for depression.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

**Activity Objectives**

1 Define physical activity (PA)

2 Describe how physical activity (PA) contributes to improved mental and physical health

3 Describe how to create a patient-centered treatment plan that includes physical activity (PA)

**Accreditation Statement**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and Emotion Connection, LLC. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**Designation Statement**

The University of California, Irvine School of Medicine designates this Enduring Material for a maximum of 1.75 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**California Assembly Bill 1195 and 241**

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://www.meded.uci.edu/CME/> for AB 1195 and AB 241 resources.









**Faculty & Planner Disclosures**

University of California, Irvine School of Medicine Continuing Medical Education adheres to the ACCME’s Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

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| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| David Puder, MD | Course Director, Faculty | Nothing to disclose - 09/30/2024 |
| Nicholas Fabiano, MD | Faculty | Nothing to disclose - 12/26/2024 |
| Brendon Stubbs, PhD | Faculty | Membership on Advisory Committees or Review Panels, Board Membership, etc.-Journal of Physical Activity|Membership on Advisory Committees or Review Panels, Board Membership, etc.-Ageing Research Reviews|Membership on Advisory Committees or Review Panels, Board Membership, etc.- Mental Health and Physical Activity|Membership on Advisory Committees or Review Panels, Board Membership, etc.-The Journal of Evidence Based Medicine|Membership on Advisory Committees or Review Panels, Board Membership, etc.-The Brazilian Journal of Psychiatry|Honoraria-Elsevier|Membership on Advisory Committees or Review Panels, Board Membership, etc.-ASICS|Membership on Advisory Committees or Review Panels, Board Membership, etc.-FitXR LTD - 12/26/2024 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.