

Tuesday English News Report

*Exercise more to fight **depression**, researchers tell Hongkongers, as 11.8pc say they are sufferers*

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To **combat** depression, Hongkongers should exercise more, researchers say, after 11.8 per cent of respondents to a study said they had suffered from the condition lately.

The Mental Health Association of Hong Kong and City University **analysed** 1,969 patient questionnaires from across the city, all completed on October 12. Some 8.6 per cent said they had felt moderate depression in the previous two weeks, while 3.2 per cent said they had felt **severe** depression during the same period.

The overall figure of 11.8 per cent who reported feeling depressed represents a 0.5 per cent increase on the results of the same survey conducted in 2012.

The study also found that 7.6 per cent of those surveyed had thoughts of **suicide** in the two weeks **prior to** the study.

The number of people suffering from moderate to severe depression has risen slightly, "but it's not a significant change", said Stephen Sun Yu-kit, a lecturer from the School of Continuing and Professional Education at City University, who led the study. "But still, Hongkongers should be more aware of depression," Sun said.

The study found that more than 34 per cent of those surveyed never did **aerobic** exercise and only 32 per cent said they did 30 minutes of aerobic exercise more than three times a week.

"Aerobic exercise can be very helpful to reduce depression. People have the **misconception** that exercise can make them feel tired. But actually the opposite is true. Exercise can reduce **fatigue** and energise people," Sun said.

The Mental Health Association provides a 24-hour hotline for mental health support and organises free training sessions about mental health issues. Call 2528 0196 or 2772 0047 for more information



The study found that 34% of those surveyed never do aerobic exercise

1. What do you think?

2. Vocabulary

Fill in the blanks in the sentences below using words from the box.

depression	combat	analysed	severe
suicide	prior to	aerobic	misconception
fatigue			

1. It is a _____ that the Great Wall of China can be seen from space. Many people say and believe this but it is simply not true!
2. This is another way of saying “before”. _____ coming to Hong Kong, I lived in Australia.
3. A migraine is a very _____ headache.
4. When the specialist _____ her blood specimen, he found a high level of sugar indicating possible diabetes.
5. One way to _____ weight gain is to snack on almonds instead of sugary treats.
6. _____ is a terrible mental condition that affects many people and in extreme cases can cause people to commit _____.
7. After walking the Maclehosse Trail in under 24 hours, John felt extreme _____.
8. _____ exercise like running and riding a bicycle is good if you want to burn calories and lose weight.