

Assignment (1)

Needs assessment and Literature Review

Each group will choose a health topic that interests you and that you might operate as a health promotional program in the future or as part of this class. Using the internet, find sources and review the current literature on this topic. Find **at least** 15 source that relevant to your topic, **they** should be from *peer-reviewed journals and 3-5 from books*.

- **Each student should submit a literature review from 5 sources (4 articles and 1 book) by September 18th 2017.**
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- **A group summery from all students should be submitted on September 25th2017.**

Some guiding questions to help your Internet search:

- How significant is this health condition?
- What causes this condition?
- What is this health condition linked to (genetic, behavior or environment)?
- Who is more affected by this health issue?
- What is currently being done to address this condition locally, regionally and globally?
- What health education programs are being done with the health condition topic?

The bibliography should be prepared using APA (American Psychological Association) format and include a brief summary

paragraph about each source as shown in the examples below.

Example:

1) Adams, T., Moore, M., & Dye, J. (2007). The relationship between physical activity and mental health in a national sample of college females. *Women & Health, 45*(1), 69-85. Retrieved from EBSCOhost.

- This study analyzed the effects of physical activity on the mental health of college females. 22,073 females participated where depression, anxiety, suicidal ideation, and perceived health were the defendant variables and two sessions of weekly exercise were the independent variables. Exercise was shown to endorse a positive perceived health and improve feelings of depression. This article is important because depression and self-esteem issues in college-aged females is a prevalent issue and needs more attention. This population is sometimes forgotten about and the mental health of these students is very important.

2) Justine, M., & Hamid, T. (2010). A multicomponent exercise program for institutionalized older adults: effects on depression and quality of life. *Journal of Gerontological Nursing, 36*(10), 32-41. doi:10.3928/00989134-20100330-09

- This study is different because it used exercise as a treatment for depression in institutionalized older adults. The study took place in a shelter home in Malaysia where 23 volunteers over the age of 60 performed 60 minutes of exercise three times a week for 12 weeks. The control was 20 sedentary older adults. At the end of 12 weeks, the physically active older adults reported an improvement in quality of life. This study is also important to include because it examines the relationship between exercise and depression in a country other than the local country.