TABLE 1

Descriptive Statistics by Group for the Beck Depression Inventory-ll

Pretest Posttest

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| Group | M | SD | M | SD | n |
| Aerobic  Anaerobic  Control | 7.59  9.24  9.50 | 6.82  7.67  6.83 | 5.39  7.00  7.57 | 5.72  8.65  6.05 | 46  21  14 |