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The relationship of cognitive control levels, demographic characteristics, depression levels and physical activity levels in healthy adults

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Abstract

Cognitive control and cognitive flexibility are defined as the ability to adapt to constantly changing situations and environments, with various goal-oriented behaviors such as creativity, reasoning, decision making, and problem solving (1, 2). The aim of this study is to examine the relationship of cognitive control levels with demographic characteristics, depression levels and physical activity levels in healthy adults. Forty-eight healthy adults were included in the study via the online platform. After the demographic information of the participants was obtained, the Cognitive Control and Flexibility Questionnaire (CCFQ) (3), Beck Depression Inventory (BDI) (4) and International Physical Activity Questionnaire (IPAQ) (5) were administered to the participants. Pearson Correlation Analysis was used to determine the relationship between the cognitive control level of the participants and other variables. First of all, the demographic characteristics of participants (28 Female, 20 Male) in the 18-65 age range included in the study were determined (42.6±10.1 years and 25.2±4.2 kg/m²). According to the correlation analysis data, there was a moderate negative correlation between the cognitive control level of the participants and the time spent in sitting activities (r=-.415, p=.003). However, there was no relationship between demographic characteristics and depression levels of the participants and their cognitive control levels (p>0.05). According to the results of the study, it was seen that the cognitive control levels of the patients were only associated with prolonged sitting activity. In the light of this information, it was thought that individuals who do sitting activities more than necessary during the day have a decrease in their ability to control their negative emotions and thoughts that may occur in stressful conditions.

Keywords: Age, Cognitive control, Depression, Physical activity

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