# Does Multimorbidity Influence Acute Mood Responses to Exercise in Community-Dwelling Older Women?

**Marijana Geets Kesić[1], Filip Zovko[2], Ognjen Uljević[1]**

[1] University of Split, Faculty of Kinesiology, Croatia
[2] University of Mostar, Faculty of Science and Education, Mostar, Bosnia and Herzegovina



## Purpose

- A single exercise session can improve mood in older adults, but the role of multimorbidity is unclear
- Chronic conditions may affect functional capacity, perceived exertion and wellbeing
- Aim: test whether multimorbidity shapes multidimensional mood change after one exercise session

## Methods

- Participants grouped: non-multimorbid (0–1 condition) vs multimorbid (≥2 conditions)
- Mood assessed pre/post exercise with the Brunel Mood Scale (tension, depression, anger, vigor, fatigue, confusion)
- Repeated-measures analysis of time, group and interaction; perceived exertion recorded post-exercise

## Results

- Depression and anger decreased, fatigue increased, in both groups
- Significant time × group interactions for tension, vigor, confusion and total mood disturbance
- Non-multimorbid group showed a more favorable overall change; multimorbid group more variable
- Perceived exertion was higher among women with multimorbidity

## Conclusions

- Multimorbidity alters the pattern of acute mood response, not just its size
- Chronic disease burden is relevant to exercise prescription for older women
- Matters for both physical function and immediate psychological wellbeing

Kineziološki Fakultet Split

Funded by the European Union
NextGenerationEU