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**A meta-analysis on the anxiety-reducing effects of acute and chronic exercise. Outcomes and mechanisms**

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557	Physical activity and long-term maintenance of weight loss. <b>1994</b> , 2, 587-99		128
556	Aerobic exercise, mood states and menstrual cycle symptoms. <b>1994</b> , 38, 183-92		65

555	Performance, Stress, and Health: Overall Reaction. <b>1994</b> , 46, 123-135	11
554	Biological Psychology, Exercise, and Stress. <b>1994</b> , 46, 28-59	24
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540	Maximal exercise and acute mood response in women. <i>Physiology and Behavior</i> , <b>1995</b> , 57, 1-4	3.5 44
539	Health promotion and exercise training. <i>Sports Medicine</i> , <b>1995</b> , 19, 123-36	10.6 14
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436	The associations between psychological distress and cancer prevention practices. <b>2005</b> , 29, 25-36		24
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416	Beta and alpha electroencephalographic activity changes after acute exercise. <b>2007</b> , 65, 637-41	49
415	Exercise as a treatment for depression and other psychiatric disorders: a review. <b>2007</b> , 27, 359-67	114
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406	[Anxiety disorders and physical exercise]. <b>2007</b> , 29, 164-71		7
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234	The Effects of an Exercise Program on Anxiety Levels and Metabolic Functions in Patients With Anxiety Disorders. <b>2017</b> , 19, 258-268		6
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214	Tone it Down: How Fitness Instructors' Motivational Comments Shape Women's Body Satisfaction. <b>2018</b> , 12, 508-524		4

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171	Effects of an Acute Physical Activity Break on Test Anxiety and Math Test Performance. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	6
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163	Exercise for Mental Health: Current Perspectives, Clinical Practice Implications, and Future Directions. <b>2021</b> ,		
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