Annotated Bibliography

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[Include any grant/funding information and a complete correspondence address.]

Chukhraev, N., Vladimirov, A., Zukow, W., Chukhraiyeva, O., & Levkovskaya, V. (2017). Combined physiotherapy of anxiety and depression disorders in dorsopathy patients. *Journal of Physical Education and Sport*, *17*(1), 414.

The research evaluates the consequences of the management of dorsopathy patients founded on a multilevel method, united with the psychophysiological improvement of discomfort and anxiety syndromes. The objective of the research was to develop protocols and to collect statistical data for the effectiveness of anxiety and depression disorders. The researcher conducted his research in Road Clinical Hospital. He took 100 patients and divided into 5 groups to evaluate the effectiveness of different protocols in handling anxiety and depression disorders. By utilization of low-frequency sonographic treatment, magnetic laser treatment, endo-nasal breathing of singlet oxygen mixture, electro-neurostimulation and in a combination of clinical manifestation for the treatment of anxiety and depression. Results were astonishing as 50% of the cases were identified with reduced anxiety disorders. Besides, 45% to 65% pain relief management in participants was successfully achieved. After analyzing the results, it is evident that the combination of different rehabilitation therapies, psychophysiological procedures along with analgesics can decrease anxiety and depression disorders significantly among patients.

Martínez, V., Rojas, G., Martínez, P., Gaete, J., Zitko, P., Vohringer, P. A., & Araya, R. (2019). Computer-Assisted Cognitive-Behavioral Therapy to Treat Adolescents with Depression in Primary Health Care Centers in Santiago, Chile: A Randomized Controlled Trial. *Frontiers in psychiatry*, *10*, 552.

Data from researches indicate the usefulness of computer-linked cognitive-behavioral treatment in analyzing youngsters with depression at home and in school surroundings. This paper presents the results of a randomized controlled trial of a brief therapist-guided cCBT interference for youngsters’ depression in resource-assisted primary health care (PHC) conditions. A center providing therapies for multiple diseases in two parallel-group, on 216 depressed youngsters age ranging from 15-19. This study was conducted in Santiago, Chile and participants were visiting every week. The participants were seeking enhanced usual care interference by qualified PHC psychologists. All the psychologists were qualified and skilled and most importantly they were present in primary health care centers. Statistical analysis revealed that the participants were significantly satisfied. As all the participants were having depression disorder, so the interventions were greatly enchased in reducing their depression symptoms. These symptoms were greatly reduced after visiting primary health care centers eight times and taking eight sessions as a whole. Further researches required to open a new venture analyzing how much this strategy was more effective in low-income cities of the country.

Atabek, M. E., Eklioglu, B. S., Akyürek, N., & Alp, H. (2014). Association between vitamin D level and cardiovascular risk in obese children and adolescents. *Journal of Pediatric Endocrinology and Metabolism*, *27*(7-8), 661-666.

The study was conducted on U.S. obese children and adolescents to evaluate vitamin D level in relation with cardiovascular risks. The aim of the study was to see the connection between vitamin D deficiency and development of cardiovascular disorders in children. The participants were 8-16 years old obese children and adolescents. The participants were analyzed on the basis of their body mass index and blood pressure measurements. The study revealed that there is a high ratio of obese children in U.S. with vitamin D deficiency. This figure has an alarming situation for the children. These children and adolescents were having vitamin D deficiency of 46%. It has also been revealed that there was a low relationship between vitamin D level and cardiovascular disorders. The study suggested an association between vitamin D and metabolic syndrome. Overall study revealed a low association of vitamin D intake and atherosclerosis despite of the other factor that may affect the obese children and adolescents in acquiring cardiovascular disorders.