



LO ÚLTIMO EN: "EMOCIONES Y SALUD"



Paloma Henares García
Grupo SALUD BASADO EN
EMOCIONES





A PESAR DEL AUGUE DE LA IA, LA IE NO PASA DE MODA.....

PubMed®

emotions and health

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Review (4,238)

RESULTS BY YEAR

2025- 2026

4,242 results

Filters applied: in the last 1 year, Meta-Analysis, Review. [Clear all](#)

☐ 1
Cite

Feeds, feelings, and focus: A systematic review and meta-analysis examining the cognitive and mental health correlates of short-form video use.

Nguyen L, Walters J, Paul S, Monreal Ijurco S, Rainey GE, Parekh N, Blair G, Darrah M.
Psychol Bull. 2025 Sep;151(9):1125-1146. doi: 10.1037/bul0000498.
PMID: 41231585

Overall, these findings highlight the importance of understanding the broader **health** implications of SFV use, given its pervasive role in daily life and potential to impact **health**, behavior, and well-being. By synthesizing current evidence, this study provides a cri ...



COMENCEMOS POR LA BASE:

ALIMENTACIÓN

EJERCICIO FÍSICO

SUEÑO

RED SOCIAL/AMIGOS/TRIBU

SIGAMOS POR:

MINDFULNESS

ARTE

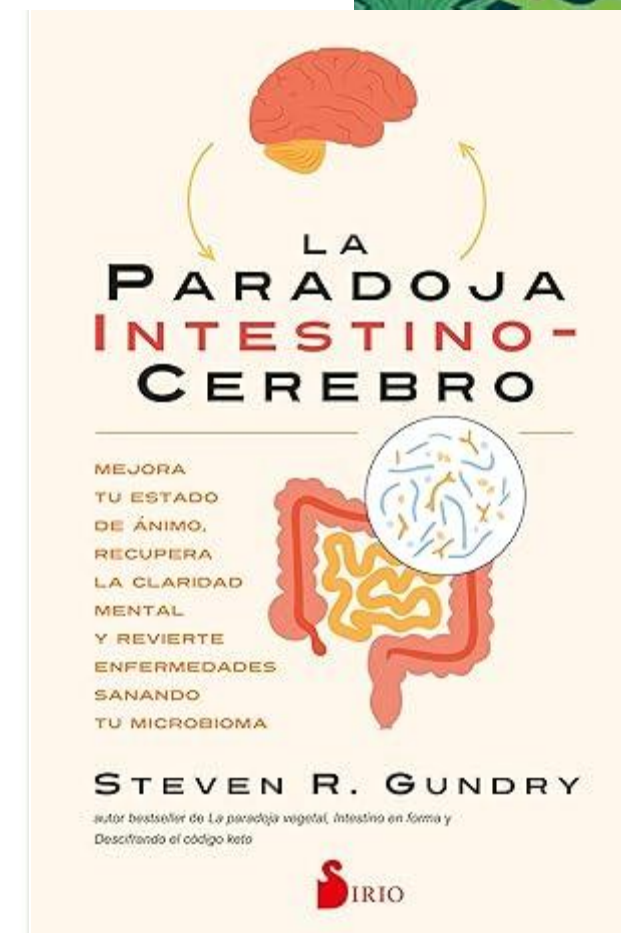
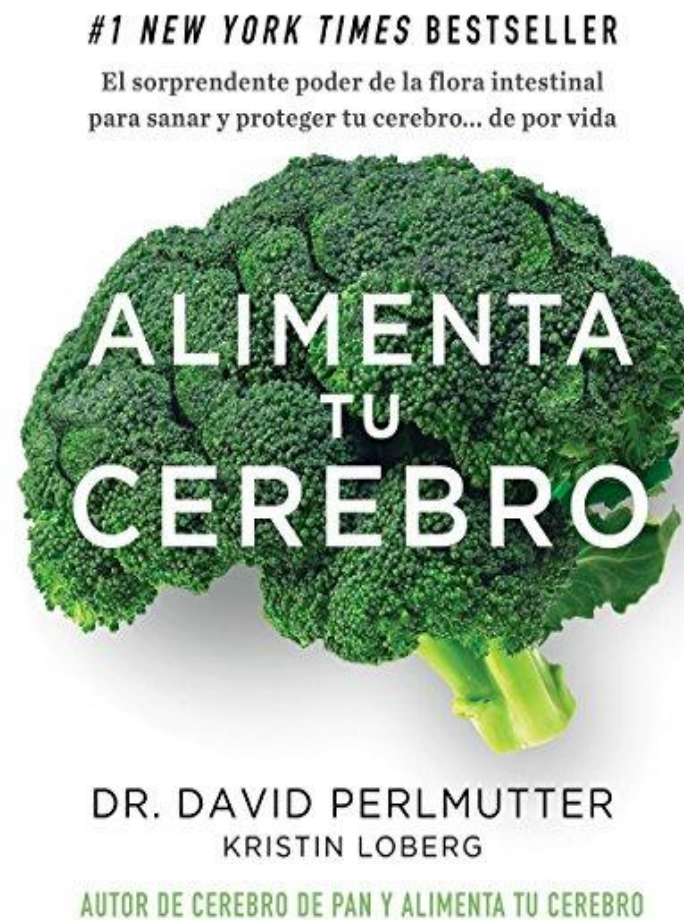
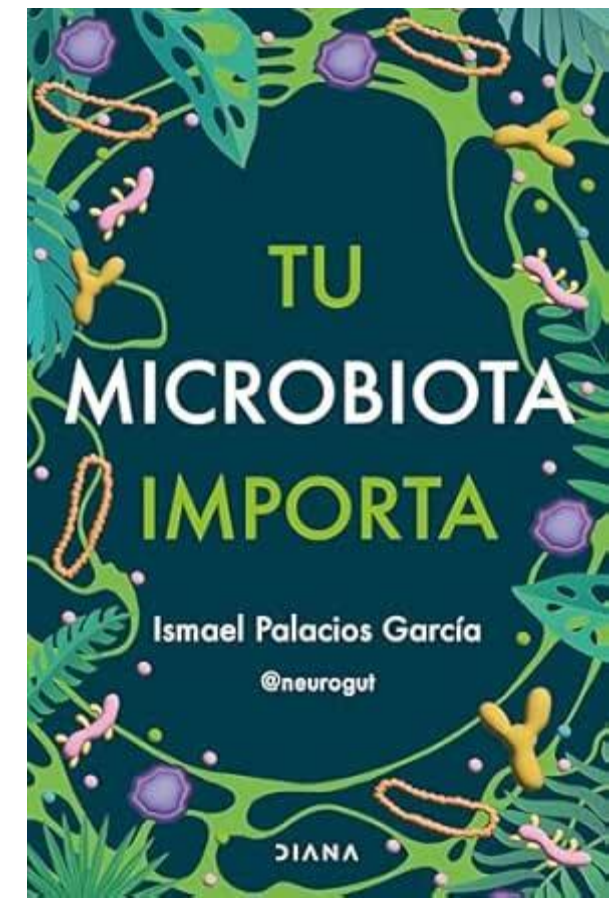
NATURALEZA

MASCOTAS

ETC.....



ALIMENTACIÓN



Estudio elaborado por la **Sociedad Española de Neurología** junto con la **Universidad Rey Juan Carlos** en colaboración con **IKEA**

Biometría e IA para conocer las emociones en la mesa



Estudio elaborado por el **Centro de Investigación Biomédica en Red de Fisiopatología de la Obesidad y Nutrición (CIBEROBN)** de **Instituto de Salud Carlos III** en colaboración con **IKEA**

Impacto de la Digitalización en los Hábitos Alimentarios





CONCLUSIONES:

Comer sin pantallas es una excepción: solo 2% de la muestra.

Charlar en la mesa se asocia a patrones de ingesta más saludables, más conscientes respecto a la saciedad y disminuye el “hambre emocional,” reduciendo el riesgo de obesidad .

Comer acompañado es un factor protector pues favorece la absorción de nutrientes, al comer más despacio, y el bienestar psicológico.



nutrients



► [Nutrients](#). 2025 Dec 27;18(1):96. doi: [10.3390/nu18010096](https://doi.org/10.3390/nu18010096)

The Immune Mind: Linking Dietary Patterns, Microbiota, and Psychological Health

[Giuseppe Marano](#)^{1,2,*†}, [Gianandrea Traversi](#)^{3,†}, [Osvaldo Mazza](#)⁴, [Emanuele Caroppo](#)⁵, [Esmeralda Capristo](#)
[Eleonora Gaetani](#)^{6,7}, [Marianna Mazza](#)^{1,2,*}

Editors: Akihito Harusato, Tingchao He

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Results: Recent systematic reviews/meta-analyses support that MD interventions reduce depressive symptoms in adults with major or subthreshold depression,

EJERCICIO FÍSICO ES “LA POLIPÍLDORA”



Systematic review

Effect of exercise on depression and anxiety symptoms: systematic umbrella review with meta-meta-analysis

Neil Richard Munro ¹, Samantha Teague ^{2,3}, Klaire Somoray ², Aaron Simpson ^{4,5}, Timothy Budden ⁶, Ben Jackson⁷, Amanda Rebar⁸, James Dimmock ^{2,5}

► Additional supplemental material is published online only. To view, please visit the journal online (<https://doi.org/10.1136/bjsports-2025-110301>).

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ABSTRACT

Objective To synthesise meta-analytic outcomes from randomised controlled trials examining exercise effects on depression and anxiety across all population groups, including children and adults with both clinically diagnosed and subclinical symptoms, excluding those with pre-existing chronic physiological conditions.

Design Meta-meta-analysis (Preferred Reporting Items for Overviews of Reviews (PRIOOR) framework).

Data sources Five electronic databases were searched for eligible meta-analyses published from inception to 31 July 2025.

Eligibility criteria for selecting studies Meta-analyses of randomised controlled trials examining exercise interventions for the management of depression and anxiety symptoms were included. To avoid contamination effects, meta-analyses exclusively focused on populations in which chronic physiological conditions were excluded. Study selection was undertaken in duplicate by two independent reviewers.

Results 63 studies (81 meta-analyses, 1079 component studies and 79 551 participants) were included. Exercise reduced depression (standardised mean difference (SMD)=−0.61, 95% CI −0.69 to −0.54) and anxiety (SMD=−0.47, 95% CI −0.59 to −0.36) symptoms, with aerobic exercise demonstrating the most substantial impact on both depression and anxiety symptoms. The greatest benefits by population group for depression were seen in emerging adults aged 18–30 and postnatal women. Greater reductions in depression were associated with exercise in group and supervised settings. Exercise of shorter duration and at lower intensity was most strongly associated with anxiety reduction.

Conclusion and relevance The findings of the study support that exercise based interventions, in all formats and parameters, can help mitigate depression and anxiety symptoms across all population categories. These results can help health professionals provide targeted, cost effective, evidence based support that aligns with individual profiles and preferences.

Trial registration PROSPERO CRD42020210651.

INTRODUCTION

Depression and anxiety disorders represent significant global health challenges, affecting 7–25% of the population worldwide.^{1–5} These conditions extend beyond psychological problems, impacting family and social functioning,^{6–8} physical health⁹ and

WHAT IS ALREADY KNOWN?

- Exercise is an effective intervention for reducing symptoms of depression and anxiety, with prior research suggesting comparable benefits to psychotherapy and pharmacotherapy, but there is limited uptake of exercise as a first line treatment.
- Previous studies have examined different exercise types, intensities, and population subgroups, but variability in study designs has made it challenging to synthesise findings for clinical application.

WHAT ARE THE NEW FINDINGS?

- This meta-meta-analysis is the first to comprehensively isolate the effect of exercise on both depression and anxiety across clinically diagnosed and non-clinical populations, including children, emerging adults, older adults and perinatal women.
- Exercise was effective across all population groups, with aerobic, group based and supervised formats showing the greatest benefits for depression.
- Differences in the impact of exercise intensity, duration and frequency were revealed for depression and anxiety based symptoms

HOW THIS STUDY MAY IMPACT RESEARCH, PRACTICE OR POLICY?

- Mental health professionals should prescribe exercise with the same confidence as traditional treatments, recognising that all exercise formats demonstrate positive effects while tailoring programmes to individual profiles and preferences (e.g., group-based/supervised formats show strongest effects for depression; shorter, lower-intensity programmes for anxiety).
- Public health guidelines should position exercise as an accessible, evidence-based first-line intervention for mental health, particularly targeting emerging adults and perinatal populations where effects are strongest

carrying substantial economic costs.⁹ Youth populations experience almost twice the rate of depression and anxiety disorders of adults,^{9–11} with a particularly concerning incidence among women.¹²

SUEÑO





Meta-Analysis

> Sleep Med Rev. 2025 Aug;82:102111. doi: 10.1016/j.smr.2025.102111.

Epub 2025 Jun 4.

Insomnia and emotion dysregulation: a meta-analytical perspective integrating regulatory strategies and dispositional difficulties

Fateme Samea¹, Nasrin Mortazavi², Gerion M Reimann³, Amir Ebneabbasi⁴, Mojtaba Zarei⁵, Habibolah Khazaie⁶, Andrea N Goldstein-Piekarski⁷, Kai Spiegelhalder⁸, Chiara Baglioni⁹, Amir A Sepehry¹⁰, Masoud Tahmasian¹¹

Affiliations + expand

PMID: 40554329 DOI: 10.1016/j.smr.2025.102111 [✉](#)

Free article

Abstract

Insomnia and emotion dysregulation are intricately related, yet their aggregate association across different domains of emotion dysregulation and the effect of moderating factors including health-related status, age, and gender remain unclear. This systematic review and meta-analysis synthesized data from 57 studies, pooling 119 effect sizes from correlational and 55 effect sizes from group comparison studies. By separate analyses, we assessed both the strength of the association and whether clinically significant insomnia symptoms exacerbate difficulty in regulating emotion. Correlational analyses revealed a significant association between insomnia symptoms and emotion dysregulation, primarily in individuals with serious health-related conditions (Fisher $Z_{\text{no-serious condition}} = 0.22$, Fisher $Z_{\text{serious-conditions}} = 0.37$, $p < 0.00001$). Group comparison analyses indicated that clinically significant insomnia symptoms present worse emotion dysregulation regardless of health-related status (Hedges' $g = 0.99$, $p = 0.01$). The reliance on maladaptive emotion regulation strategies and difficulties in dispositional domains of emotion regulation, particularly impulsivity, were more strongly associated with insomnia than challenges related to adaptive strategies. Age and gender did not impact these associations in either type of study. These findings underscore a robust link between insomnia and emotion dysregulation, suggesting the potential benefits of integrating emotion regulation skills into insomnia management to improve therapeutic outcomes.

Keywords: Dispositional difficulties; Emotion dysregulation; Emotion regulation strategy; Insomnia; Meta-analysis.



LA TRIBU



De la soledad a

la conexión social

Resumen

el camino hacia sociedades más saludables

Informe de la Comisión de la OMS
sobre Conexión Social



World Health
Organization



WHO Commission
on Social Connection



SIGAMOS POR...



MINDFULNESS

Meta-Analysis > Worldviews Evid Based Nurs. 2025 Jun;22(3):e70033. doi: 10.1111/wvn.70033.

Burnout, Compassion Fatigue, and Compassion Satisfaction Interventions via Mobile Applications: A Systematic Review and a Meta-Analysis

Denis Deriglazov¹, Júlia Halamová¹, Livia Kernová¹

Affiliations + expand

PMID: 40361274 PMCID: PMC12075678 DOI: 10.1111/wvn.70033

Abstract

Background: The increasing prevalence of burnout, compassion fatigue, and reduced compassion satisfaction among healthcare professionals has highlighted the need for effective interventions. Mobile applications offer a promising solution due to their accessibility and low cost.



NATURALEZA

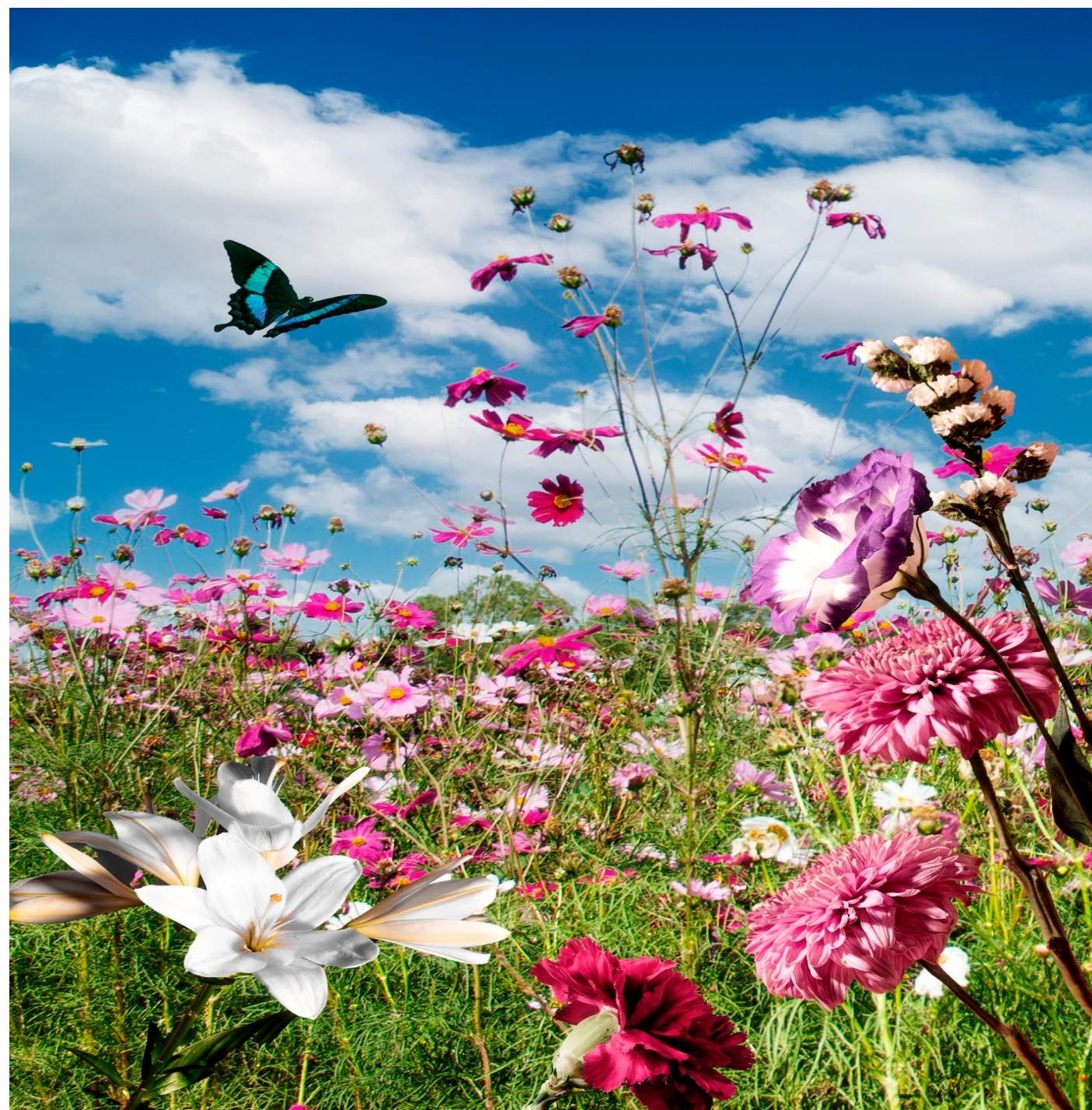
Meta-Analysis > [BMJ Open. 2025 Jul 24;15\(7\):e098598. doi: 10.1136/bmjopen-2024-098598.](#)

Effect of nature-based health interventions for individuals diagnosed with anxiety, depression and/or experiencing stress—a systematic review and meta-analysis

Nanna Holt Jessen¹, Claus Løvschall², Sebastian Dyrup Skejv³, Louise Sofia Sofia Madsen², Sus Sola Corazon⁴, Thomas Maribo^{2 5}, Dorte Varning Poulsen⁴

Affiliations + expand

PMID: 40707146 PMCID: PMC12306343 DOI: [10.1136/bmjopen-2024-098598](#) 





ARTE





Prescripción de arte en Atención Primaria: una propuesta con vocación de modelo asistencial

Dr. Álvaro de la Serna | Publicado 22 abr. 2026



La incorporación de intervenciones no farmacológicas con impacto en salud mental y bienestar ha ido ganando espacio en los últimos años, en paralelo a la necesidad de modelos asistenciales más integradores. En este contexto, la Sociedad Madrileña de Medicina Familiar y Comunitaria (SoMaMFyC) ha impulsado el [primer grupo](#) estructurado de Prescripción de Arte y Cultura en Atención Primaria (PA-AP) en España, una iniciativa que busca trasladar al ámbito clínico un enfoque hasta ahora disperso y poco sistematizado.

Author Manuscript

Peer reviewed and accepted for publication by a journal



► [J Card Fail Intersect](#). Author manuscript; available in PMC: 2026 Feb 11.

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The Art of Healing and the Healing of Art

[JASON N KATZ](#)¹, [ALANNA R KATZ](#)², [NOSHEEN REZA](#)³

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PMCID: PMC12889138 NIHMSID: NIHMS2142416 PMID: [41676361](#)

The publisher's version of this article is available at [J Card Fail Intersect](#) [↗](#)

MASCOTAS





► BMC Geriatr. 2026 Jan 22;26:126. doi: [10.1186/s12877-025-06487-3](https://doi.org/10.1186/s12877-025-06487-3)

Quantitative and qualitative analysis of the effects of human-animal interactions on health and well-being of older adults: an umbrella review

[Giulia Grotto](#)^{1,✉}, [Alessandra Buja](#)²

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PMCID: PMC12857159 PMID: [41572201](https://pubmed.ncbi.nlm.nih.gov/41572201/)





¡¡¡MUCHAS GRACIAS!!!

