

# **AFFECTIVE EXPECTATIONS INCREASE POSITIVE MOOD, EXERCISE INTENTIONS, AND EXERCISE DURATION**

**Suzanne G. Helfer  
Adrian College**

# HEALTH BENEFITS OF PHYSICAL ACTIVITY

- Epidemiological evidence suggests regular physical activity protects against heart disease (Kannel, 1967)
- Also prevents some cancers (Slattery, 2004; Lee & Oguma, 2006; Tardon, Lee, & Delgado-Rodriguez, 2005; McTiernan, 2006)
- Some evidence that physical activity is related to better mental health (Raglin, 1990)
- Many health behavior theories focus on cognitive variables (Fishbien & Ajzen, 1975)



# EXERCISE AND MOOD

- Positive affect one of the best predictors of physical activity (Kiviniemi, Vos-Humke, & Seifert, 2007)
- Positive post-exercise mood is related to future exercise behavior (Carels, Coit, Young, & Berger, 2007).
- Can we manipulate post-exercise mood?
- Expectations can increase positive mood, sleep quality, task performance, reduce pain and discomfort (Geers, Weiland, Kosbab, Landry, & Helfer, 2005; Kamody, Woltja, Bujega, Jackson & Helfer, in prep.)



# AIMS OF THE CURRENT STUDY

- Positive expectations will cause participants to report better mood after exercising
- Positive expectations will cause participants to change exercise intentions
- Positive expectations will cause participants to change their behavior
  - Information seeking
  - Physical activity



# PARTICIPANTS

- Participants from UT general psychology pool
- Participants may or may not have been exercising regularly
- 49 men, 85 women, aged 18-30
- Smokers and those receiving medical treatment excluded



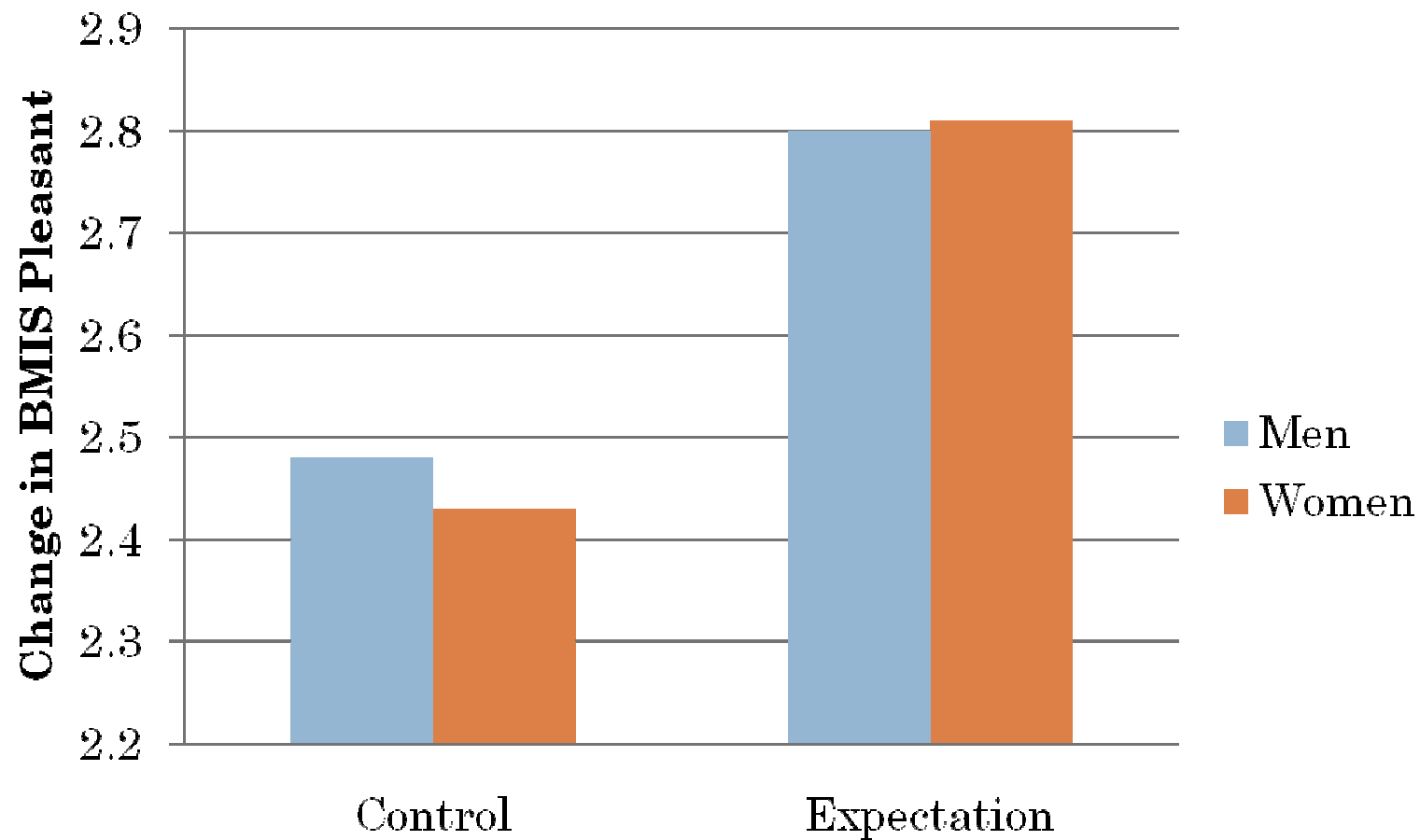
# METHOD



- Mood and personal health history
- Randomly assigned to conditions
  - Expectation “Regular exercise results in increased positive mood”
  - Control: Information about exercise bike
- Participants rode exercise bike for 10 min
- Mood assessed
- Intentions assessed
- Exercise literature
- E-mail follow-up

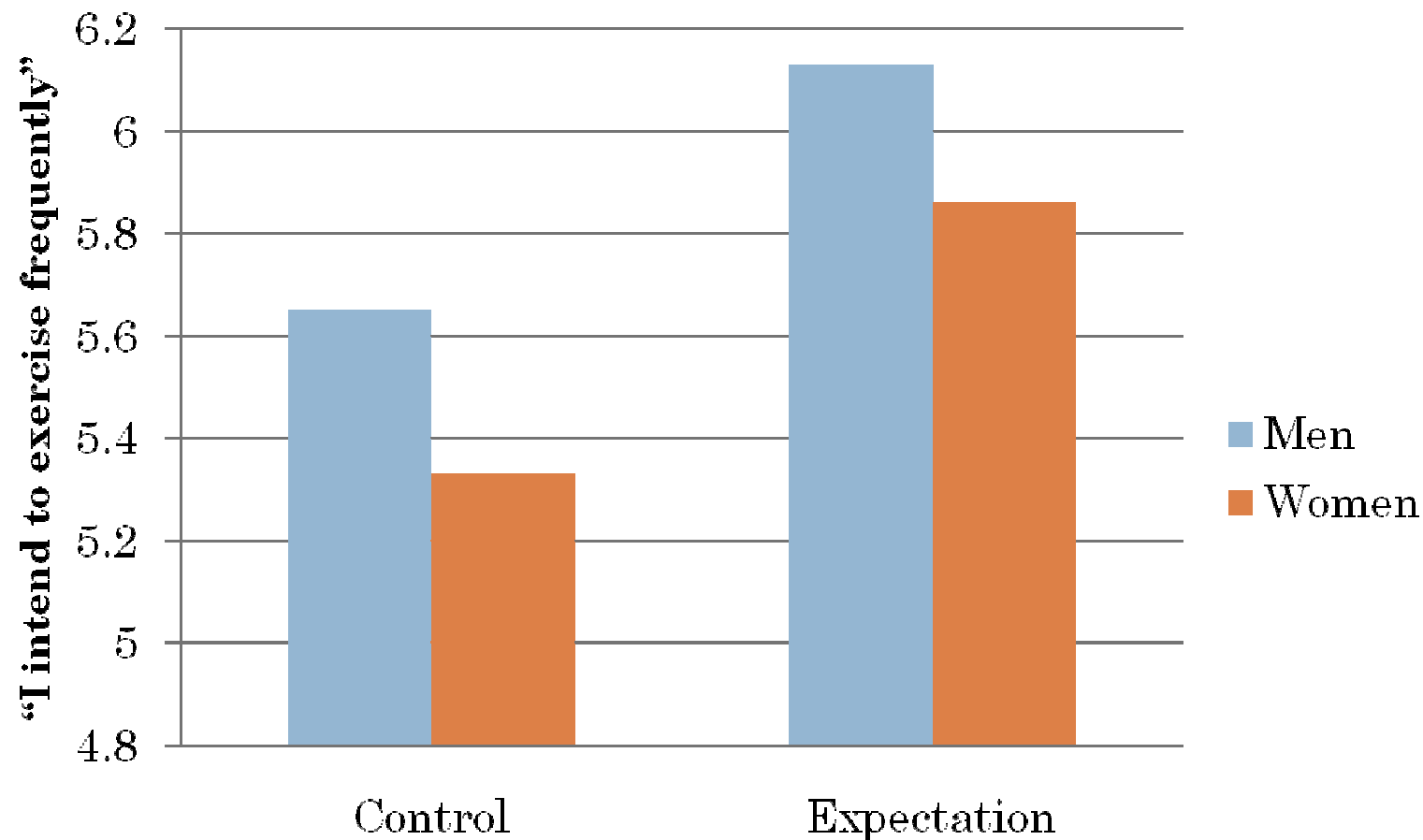


## POST-EXERCISE AFFECT



$F(1, 128) = 8.58, p = .004, \eta^2_p = .063$

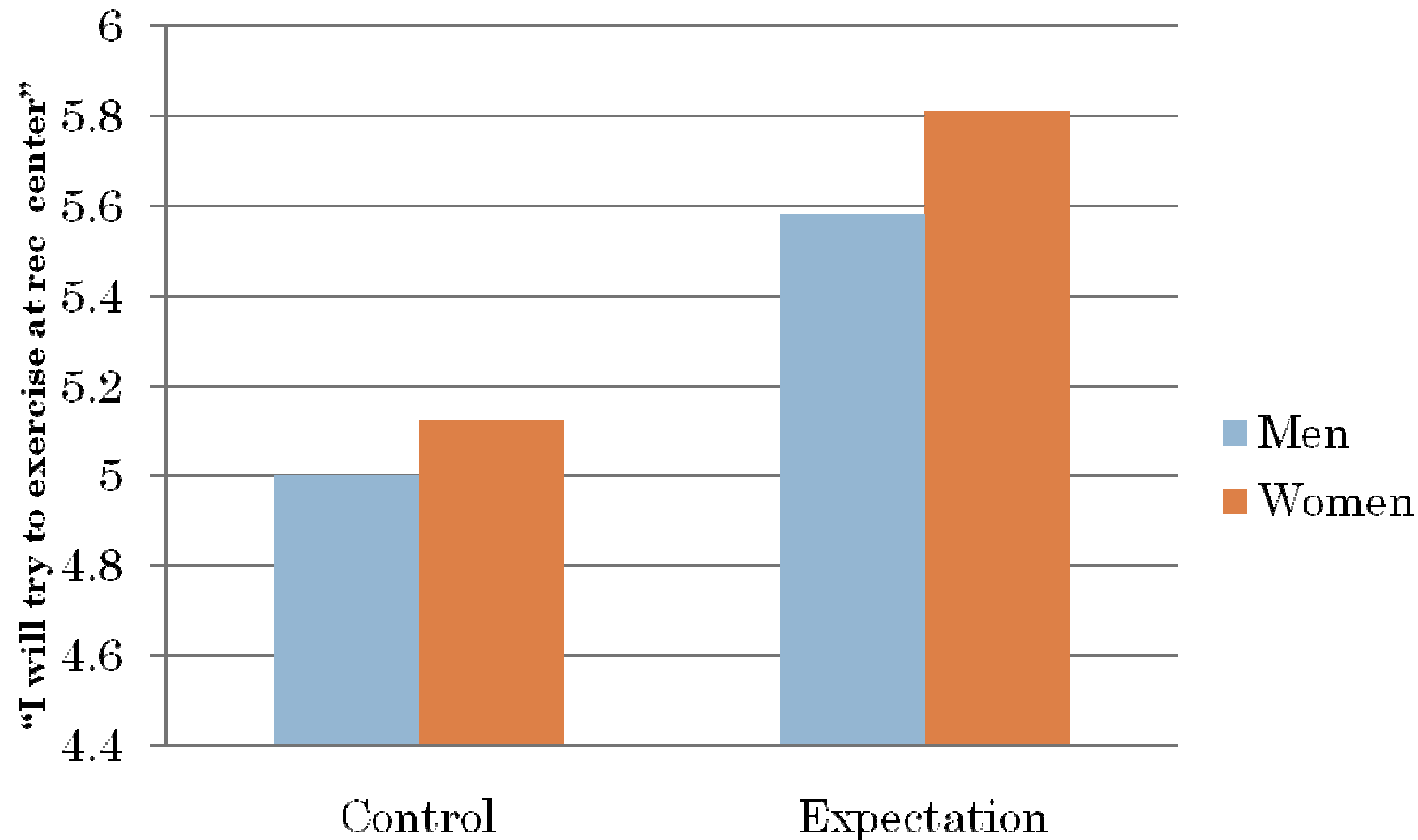
# INTENTIONS TO EXERCISE



$F(1, 129) = 5.19, p = .024, \eta^2_p = .039$

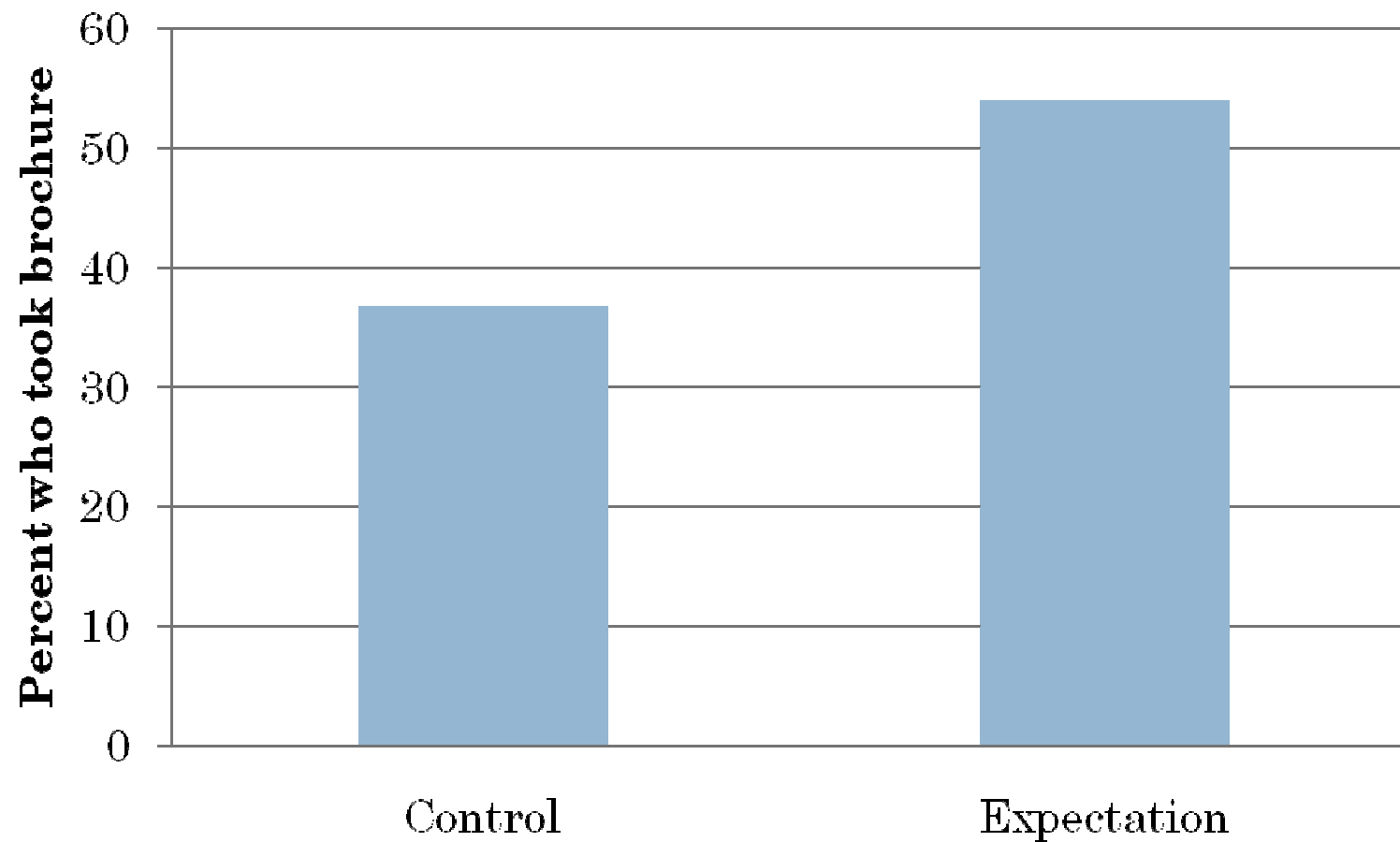


# INTENTIONS TO USE RECREATION CENTER



$F(1, 129) = 4.75, p = .031, \eta^2_p = .036$

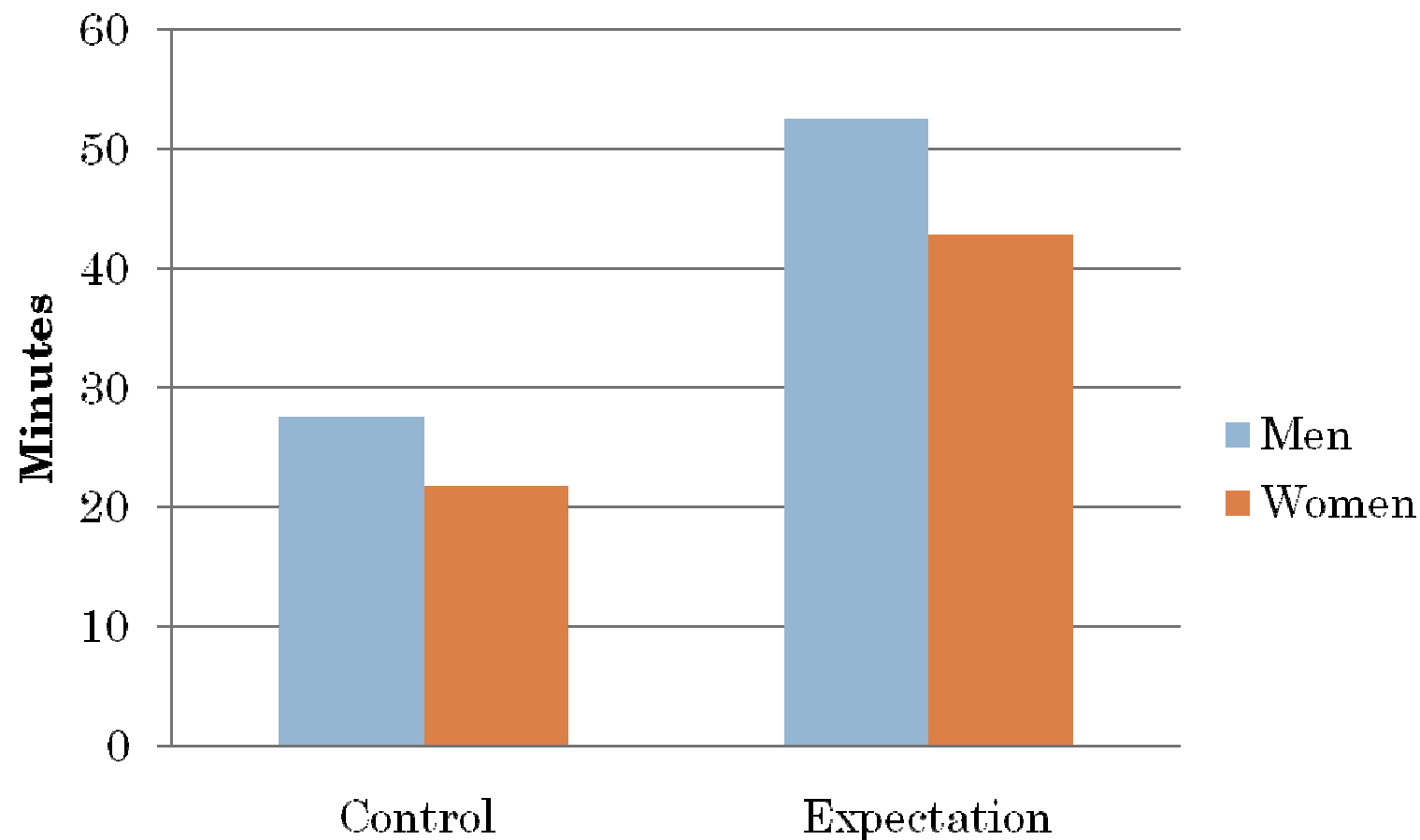
# EXERCISE BROCHURE



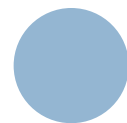
$\chi^2(1, N = 131) = 3.91, p = .048$



# MINUTES SPENT EXERCISING



**$F(1, 53) = 4.16, p = .046, \eta^2_p = .073$**



# CONCLUSIONS

- Brief expectation manipulation:
  - Can increase positive affect
  - Can increase intentions to exercise
  - Can increase exercise behavior
- Target participants who wish to begin exercise program
- Develop intervention to increase exercise adherence



# THANK YOU! ANY QUESTIONS?

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*Adrian College*

