Chapter 2. PHYSICAL ACTIVITY AND PSYCHOLOGICAL WELL-BEING

Multiple choice questions (MCQs)

Question 1.

This chapter reviews the evidence on the links between physical activity and psychological well-being, looking at which combination of these four items: 1) Depression, 2) Mood, 3) Self-esteem, and 4) 'core' affect?

a) 1 and 2

b) 3 and 4.

c) 2 and 4

d) 1 and 4.

Question 2.

Rejeski et al. (1996) suggest that it is typical for health-related quality of life (HRQoL) to be defined in terms of participants' perceptions of function. They outline six types of HRQoL measures, but which one of the below is **NOT** one of those measures?

a) Global indices of HRQL

b) Physical symptoms

c) Social function

d) Spiritual function

Question 3.

Which measure of HRQoL uses a visual analogue scale ranging from 'worst imaginable health state' (score = 0) to 'best imaginable health state' (score = 100)?

a) EQ-5D.

b) SF-12.

c) SF-36.

d) QALY - 24.

Question 4.

What is defined as "global set of affective (feeling) states we experience on a day-to-day basis and may last hours, days, weeks, or even months"?

a) Affect

b) Emotion

c) Mood

d) Arousal

Question 5.

Evidence suggests that maintenance of physical activity is best predicted by which affective states?

a) Those before exercise

b) Those during exercise

c) Those after exercise

d) None of the above

Question 6.

Which of the below is not one of the approaches to enjoyment identified that are relevant to health-related physical activity?

a) Intrinsic motivational processes

b) Csikzentmihalyi's 'flow' model

c) Exercise deprivation model.

d) Exercise-related affective states.

Question 7.

Physical activity can be continued during menstruation and may reduce

premenstrual symptoms. True or false?

a) False

b) True

Other Learning tasks

1. We have provided here three psychological assessment scales that might be

    used to assess how people feel after exercise:

   • The Positive and Negative Affect Schedule (PANAS)
   • The Feeling Scale (FS)
   • The Felt Arousal Scale (FAS).

Read all scales carefully, including the instructions.

   • Describe each scale
   • How and when might you use each of the scales?
   • List the key pros and cons of each scale, content and format

Here are the three scales:

PANAS

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you have felt like this in the past few hours. Use the following scale to record your answers.

Very slightly or not at all	a little	moderately	quite a bit	extremely
1	2	3	4	5

Interested _____   Irritable _____

Distressed _____   Alert _____

Excited _____   Ashamed _____

Upset _____   Inspired _____

Strong _____   Nervous _____

Guilty _____   Determined _____

Scared _____   Attentive _____

Hostile _____   Jittery _____

Enthusiastic _____   Active _____

Proud _____   Afraid _____

To score this scale first have a look yourself and see if you can decide which of the 20 questions are positive and which are negative. Check your own judgement with the list below. Then add your scores for the 10 positive words and separately for the 10 negative words. Now you have your positive and negative scores. The scores generated will vary along the scale of 10 – 50, with lower scores indicating low (positive or negative) affect and higher scores indicating high (positive or negative) affect.

Watson, Clark and Tellegen (1988) suggest that the normal population will have a mean positive affective score of 29.7 (SD = 7.9) and a mean negative affective score of14.8 (SD = 5.4).

The 10 items for **POSITIVE (PA)** affect are:
attentive, interested, alert, excited, enthusiastic, inspired, proud, determined, strong and active.

The 10 items for **NEGATIVE (NA)** affect are*:*
distressed, upset, hostile, irritable, scared, afraid, ashamed, guilty and nervous, jittery.

Feeling Scale (FS)

(Hardy & Rejeski, 1989)

While participating in exercise, it is common to experience changes in mood. Some individuals find exercise pleasurable, whereas others find it to be unpleasant. Additionally, feeling may fluctuate across time. That is, one might feel good and bad a number of times during exercise. Scientists have developed this scale to measure such responses.

+5 Very good

+4

+3 Good

+2

+1 Fairly good

0   Neutral

-1 Fairly bad

-2

-3 Bad

-4

-5 Very bad

FELT AROUSAL SCALE (FAS)

(Svebak & Murgatroyd, 1985)

Estimate here how aroused you actually feel. Do this by circling the appropriate number. By "arousal" we meant how "worked-up" you feel. You might experience high arousal in one of a variety of ways, for example as <u>excitement</u> or <u>anxiety</u> or <u>anger</u>. Low arousal might also be experienced by you in one of a number of different ways, for example as <u>relaxation</u> or <u>boredom</u> or <u>calmness</u>.

1   LOW AROUSAL

2

3

4

5

6   HIGH AROUSAL

2. We have provided two psychological assessment scales, as used in the activity above:

1. The Feeling Scale (FS)
2. The Felt Arousal Scale (FAS).

The FS and FAS are used to provide assessments that can be superimposed on the *Affect Circumplex*.

Plot your scores on each scale using the Affect Circumplex provided (see slide of 'affect circumplex' in book Chapter 2) before, during and after an exercise bout, as follows:

1. 15 mins before starting
2. 5 mins before starting
3. half-way through the exercise session
4. immediately on completion of the session
5. 15 mins after finishing the exercise.

You will therefore need 5 versions of each scale, with some small enough to carry and respond to while exercising.

Describe the trends that you see. Does it conform to Ekkekakis' 'dual mode model'? Explain your results.