

Too Tired for Physical Activity After Work? It Might Be Good to (Re)Consider Since It Can Lead to Positive Affect

Previous research suggests that physical activity may be one modifiable factor that influences people's affective states. In numerous studies, physical activity has been positively associated with positive affect and inversely associated with negative affect. In this study, the authors sought to extend this body of research by employing a diary design study to examine the association between physical activity done after work and subsequent affective states. They also wanted to determine if detachment from work, sense of belonging, and physical self-perceptions mediate this association. Using hierarchical linear modeling as an analytical tool, they showed that after-work physical activity was significantly related to higher levels of positive affect in the evening in 126 workers, but was not related to negative affect. Furthermore, they

provide insight into the mediators between after-work physical activity and subsequent positive affect such that psychological detachment, sense of belonging, and physical self-perceptions all mediated the observed association. The main implication of these findings is that physical activity should be encouraged after work so that workers can experience more positive affect in the evening.

Feuerhahn, N., Sonnentag, S., & Woll, A. (2012). Exercise after work, psychological mediators, and affect: A day-level study. *European Journal of Work and Organizational Psychology*. Advance online publication. doi:10.1080/1359432X.2012.709965

Journal website: <http://www.tandfonline.com/loi/pewo20>

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Risk and Reward: What Message Works Best for Promoting Physical Activity in Men?

Physical activity levels in the majority of men fall below recommended levels. Health promotion messages tend to be directed to women, and men are less aware of, and less likely to read, resources designed to promote physical activity. Therefore, it is important to develop interventions that can increase their physical activity behavior. This study examined the efficacy of physical activity promotion messages targeted to men, based on the extended parallel process model (EPPM). The EPPM suggests that appraisals of risk and efficacy in response to a message determine whether or not someone will engage in a health behavior. A total of 353 inactive men (average age approximately 35 years) completed the study. All data was collected using online questionnaires. On Days 1–5, participants read a new message promoting physical activity and then completed measures of fear and avoidance behaviors. On Day 5, participants completed measures of message recall, appeal, and credibility as well as intention to be physically active over the next 2 weeks. On Day 14, participants completed a measure of physical activity over the past seven days. The messages were designed to promote physical activity by highlighting the risk of four possible negative outcomes associated with inactivity (erectile dysfunction, chronic illnesses such as heart disease, overweight/obesity, and sexual dysfunction). For each message, versions were created that manipulated the perceived risk of physical inactivity

(high risk or no risk), and efficacy (high or low). Results indicated that, regardless of message, intentions to be physically active increased. Physical activity increased in those who received risk information, but not in those who received no risk information. Further, men who received low efficacy/no risk messages were more than twice as likely to meet physical activity guidelines at Day 14 as men who received low efficacy/risk information messages, with no differences between men who received high efficacy messages. The most preferred topic was related to sexual dysfunction, and the least preferred was erectile dysfunction. Risk information increased fear for the chronic disease and overweight/obesity messages, but decreased fear for the erectile dysfunction measure. However, there were no differences in perceived risk or efficacy based on the specific message type. The authors recommended when developing messages for physical activity promotion targeted to men, risk information should also include information to increase efficacy.

Hatchell, A.C., Bassett-Gunter, R.L., Clarke, M., Kimura, S., & Latimer-Cheung, A.E. (2013). Messages for men: The efficacy of EPPM-based messages targeting men's physical activity. *Health Psychology*, 32, 24–32. doi:10.1037/a0030108

Journal website: <http://www.apa.org/pubs/journals/hea/index.aspx>

Author website: <http://www.queensu.ca/skhs/faculty-and-staff/faculty/amy-latimer>

Prescribing Physical Activity for Older Adults: More Similarities Than Differences

The Green Prescription program is designed to increase physical activity in sedentary and low-active individuals. It is a 3-month program that aims to get people engaging in 30 min of moderate intensity activity five or more days per week. In addition to providing monthly telephone support, the program is individually tailored, based on demographic variables. This study investigated perceived benefits, barriers, and motives for two physical activity programs (the Green Prescription versus a pedometer-based program) in older adults, to determine if they (1) differed based on intervention type and (2) differed based on demographic variables. A total of 80 participants who were 65 years or older and who had been randomly assigned to either the Green Prescription ($n = 40$) or pedometer program ($n = 40$) took part. All participants were initially engaged in less than 150 min of physical activity per week, but were able to be physically active. Nine months after they completed their intervention, participants completed measures of perceived benefits, perceived barriers, and motives for physical activity that they experienced during their 3-month intervention. In addition, several demographic variables were used to classify participants by gender, age (65–75 years or 75+ years), number of chronic health conditions (0, 1–2, or 3+ conditions), and weight status based on BMI (normal weight, overweight, or obese). Results showed that there

were no differences in perceived benefits, barriers, or motives between the two physical activity interventions. Several differences were found based on the number of chronic conditions reported. Specifically, those with three or more chronic conditions reported more personal benefits, higher health motives, and more personal barriers compared to those with no chronic conditions. For age, the older group reported more personal and physical benefits than those in the younger groups. Finally, the obese group reported more personal barriers, particularly related to health and medical conditions, than the normal weight group. The authors concluded that it may be beneficial to create homogeneous groups based on some of these demographic variables for group-based physical activity interventions, as participants would likely have similar motives and barriers to physical activity. Programs should include some discussion in these groups about how to overcome specific barriers and about the commonly identified benefits or physical activity.

Patel, A., Schofield, G., Kolt, G.S., & Keogh, J.W.L. (2013). Perceived barriers, benefits, and motives for physical activity: Two primary-care physical activity prescription programs. *Journal of Aging and Physical Activity, 21*, 85–99.

Journal website: <http://journals.humankinetics.com/japa>

Author website: <http://www.aut.ac.nz/study-at-aut/study-areas/sport--and--recreation/our-staff/professors/grant-schofield>

Parent Perceptions of the Youth Sport Food Environment

Youth sport participants typically engage in more physical activity than nonparticipants; however, there is little systematic research that has examined the types of food and beverages young athletes consume in sport contexts. While some research suggests that athletes may have better overall nutritional intake than nonathletes, there is also evidence that convenience foods high in calories, sugar, fat, and salt are widely available in youth sport settings. Since parents play a role in promoting healthful eating behaviors among children, the purpose of this study was to explore parent perceptions of food and beverages available to young athletes participating in a basketball program. Eight focus groups were conducted with a total of 60 parents in two cities in Minnesota (Bloomington $n = 32$, Minneapolis $n = 28$). Focus group interview questions explored parents' perceptions of the types of food and beverages available and consumed by athletes in youth sport settings, and also parental attitudes about the food environment in youth sport settings. Parents reported that they attempted to distinguish between healthy and unhealthy food and beverages for their children; however, parents reported a lack of knowledge about the nutritional value of some foods and beverages, particularly with regard to sport drinks (e.g., Gatorade). Parents reported that their children consumed both healthy and unhealthy

foods and beverages, and that consumption patterns varied widely depending on the level of sport participation, gender of the athlete (e.g., parents thought that girls consumed more healthy foods than boys), and the sport schedule (e.g., consumption of unhealthy foods was perceived to be higher when travelling or at tournaments). Parents also cited the structure of youth sport as a factor influencing athletes' food and beverage consumption. Notably, parents reported that having limited time to prepare meals and snacks for their children contributed to a perceived need for convenience foods. Some parents reported that unhealthy snacks were considered occasional treats as rewards for children working hard during their games or for winning games, and parents also rationalized unhealthy foods because they viewed their child as healthy due to sport involvement. Overall, these findings suggest that parents were aware of the poor food choices available in youth sport settings, although they also expressed a need for convenience food choices due to limited time available to prepare snacks and meals for their children. Parents reported that it would be difficult to change the food environment in youth sport since convenience food services and concession sales often represent a form of revenue for sport leagues. The authors argue for educational programs for coaches, parents, and athletes about healthy eating and its effects on performance and development of young athletes.