

Positive Affect, Exercise and Self-Reported Health in Blue-Collar Women

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Objectives: To determine if positive affect is related to the self-reported health and health behaviors of blue-collar women. **Methods:** Analysis of baseline survey data of 1093 women participating in a worksite health promotion intervention at 12 workplaces in 5 rural counties. **Results:** Positive affect was related to women's self-reported health and exercise. Also, positive coping behaviors were re-

lated to exercise. **Conclusions:** These findings suggest that incorporating strategies to encourage positive emotional states and positive coping into health promotion interventions might be helpful for improving women's levels of physical activity and overall reported health.

Key words: health behaviors, self-reported health, positive affect, coping, exercise

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