

The roles of state and trait anxiety in physical activity participation for Taiwanese adults with anxiety disorders.

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摘要

Abstract

Background

Physical activity has benefits for reducing levels of anxiety. However, factors that affect physical activity participation for individuals with anxiety disorders have not been well studied. Here, we aimed to clarify the roles of state and trait anxiety in physical activity participation by examining relationships among seven major study variables in Taiwanese adults with anxiety disorders.

Methods

A multi-site, cross-sectional explanatory design was used. Data were collected using one interview and five self-administered questionnaires. The sample included 144 Taiwanese adults diagnosed with anxiety disorders.

Results

State and trait anxiety were significantly correlated with most of the study variables. Physical activity participation by subjects with anxiety disorders was significantly correlated with state anxiety, benefits of activity, self-efficacy for activity, and social support for activity. When age, sex, and education were controlled in the analysis, state anxiety was associated significantly and negatively with physical activity, benefits of activity, and self-efficacy for activity, and was correlated positively with barriers to activity. Trait anxiety was found to be correlated significantly and negatively with benefits of activity and self-efficacy for activity, and correlated positively with barriers to activity.

Conclusion

State anxiety demonstrated greater power than trait anxiety in its relationship with physical activity. These findings suggest that clinical mental health professionals should consider state anxiety when encouraging Taiwanese adults with anxiety disorders to engage in physical activity.

