

## Positive Emotions and Physical Activity

**Appendix 1.** Sample questions from the semi-structured qualitative interview.

1) Have any of your health behaviors (diet, physical activity) changed since you found out you had [name their metabolic syndrome conditions]?

a) What do you consider hard about being healthier?

b) Are you are planning to change your diet or exercise in the future to stay healthy?

2) If yes, what is your priority behavior (ask them to choose: diet or physical activity): What do you plan to do?

a) Have you ever tried to change before? What have you done? How did it go?

b) What do you think will make it hard to make this change?

c) What do you think will make it easy, if anything?

3) Priority behavior: You mentioned that you are hoping to improve [name their priority health behavior].

a) Have you ever noticed a relationship between your positive or negative moods and your [priority health behavior]? (Probe: have you ever noticed that your mood changes your [health behavior]?)

b) Has there ever been a time when feeling [positive emotion] helped you to [health behavior]?

Yes helped: How did it help you start the activity? Continue the activity?

Not helped: Do you think that feeling [positive emotion] might help you to [health behavior] now?

- 22 Supplemental Table 1. Quotes supporting health and emotion-focused physical activity  
 23 motivators and facilitators.

Theme	Quote
Overall health benefits	“It will keep me healthy, and I want to see my girls grow up. I want to see them get married if possible [laughter] and finish school.” (47-year-old male)
Physical independence with respect to aging	“I like to be able to do things for myself. And I think the more active you are, the more you can do for yourself, and the longer you can do things for yourself.” (69-year-old female)
Relaxation	“It’s kind of a nice time to clear the head—both clear the head and think about nothing or to plan the day or think about something to look forward to.” (57-year-old male)
Spousal support (males)	“Oh absolutely. My wife. She’ll get up in the morning and say, ‘Are you coming to the gym this morning with me?’” (61-year-old male)
Social support (females)	“Well, making it easier is worrying about other people. That seems to push me to do things harder.” (72-year-old female)

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26 Supplemental Table 2. Quotes supporting emotion-focused barriers to physical activity.

Theme	Quote
Perceived lack of “willpower”	“There’s nothing standing in the way of me being more active, so it would have to be my own personal motivation and getting off my butt and doing it.” (59-year-old male).
Low motivation to begin or maintain physical activity	“That’s always the trick on all of these things. You know what you should do, it’s always tomorrow when you’ll start doing it.” (64-year-old male)
Low self-efficacy	“I think if I’m not feeling good about myself or something specific, I’m more likely to just kind of sit in a ball and watch TV and eat a lot [laughter], than to go out and take walks and stuff.” (39-year-old female)
Lack of social support	“I don’t do a lot of exercise, which I should, but I don’t. If I had somebody to go with probably I’d probably do more, but I don’t.” (76-year-old female)
Life stress	“I’ll go through a stressful event or something. Or I’ll be at the gym and then all of a sudden, I get really stressed at work and decide that I need to save that time and stop going to the gym, and things just kind of fall apart altogether.” (39-year-old female)
Stress related to competing demands	“It’s just time. Finding the time. [...] So maybe if there was some activity and something scheduled I can say, ‘Nope. Can’t work tonight. I have a game.’ And then I always say, what’s

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	more important? Making money or going to play and be healthy? I need the money but I also need to be healthy. It takes time. Which way do I go?" (47-year-old male).
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For Peer Review