Anxiety reduction using physical exertion and positive images.

Driscoll, Richard.

AB Outlines the rationale of an integrated anxiety reduction procedure which uses positive images after anxiety-related scenes to evoke positive feelings, and uses physical exertion preceding and during scene presentations to compete with and lower anxiety arousal. 16 highly test-anxious undergraduates were assigned to 1 of 6 conditions: 4 conditions varying in the presence or absence of physical exertion and/or positive image training, a standard taped systematic desensitization (SD) treatment, and an untreated control group. Anxiety was measured by the Alpert-Haber Achievement Anxiety Scale. The exertion-positive images procedure produced significant anxiety reduction, comparable to SD treatment. Anxiety reduction effects were found for both the exertion and positive images components.