

GENDER DIFFERENCES IN THE RELATIONSHIPS BETWEEN MOOD, STRESS, AND SELF-EFFICACY TO REDUCE SEDENTARY BEHAVIOR AMONG OLDER ADULTS

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BACKGROUND

- Sedentary behavior (**SB**) negatively affects health, even among physically active people
- Social cognitive theory elements – personal (e.g., stress and mood) and behavioral (e.g., self-efficacy) – may be targets for SB interventions
- Gender differences in stress, mood, and self-efficacy in the context of SB have not been evaluated

PURPOSE

To evaluate gender differences in the relationships between mood, stress, and self-efficacy to reduce SB among adults aged 55 older.

METHODS

Design

- Cross-sectional survey

Sample

- Participants in the 2023 Driven to Discover Wear It! Study
- Age ≥55 years
- Able to read English or Spanish

Measures

- Demographic information
- Mood (PHQ-2 for depressive symptoms, GAD-2 for anxiety symptoms)
- Perceived stress (**PSS**)
- Self-efficacy to reduce sedentary behavior (**SRSB**)

Data Collection

- Completed via REDCap on an iPad or personal phone using QR code

Statistical Analysis

- Pearson correlations and t-tests used to evaluate relationships
- P-value<0.05 was considered significant

Women reported greater self-efficacy to reduce sedentary behavior.



<http://d2d.umn.edu/>

Relationships between self-efficacy, mood, and stress were stronger in women than men.

RESULTS

- N=405 participants 55 and older were included
- Mean (SD) self-efficacy was higher in women (41.1 [5.9]) compared to men (39.5 [6.0]).
- Higher self-efficacy in women and men was associated with lower depressive symptoms and lower perceived stress
- Larger correlations were observed in women
- Lower symptoms of anxiety were associated with higher self-efficacy in women but not men.

TABLE 1. PARTICIPANT CHARACTERISTICS

Characteristic	Mean (SD)	n (%)
Age	66.3 (7.3)	
Gender		
Woman		261 (64.6)
Man		141 (34.9)
Nonbinary		0 (0)
Prefer not to say		2 (0.5)
BMI (kg/m ²)	28.0 (5.6)	
Sedentary time (hours)	5.4 (3.0)	

TABLE 2. PEARSON CORRELATIONS AMONG WOMEN (LEFT) AND MEN (RIGHT)

	Women (n=261)				Men (n=141)			
	PSS-2	GAD-2	PHQ-2	SRSB	PSS-2	GAD-2	PHQ-2	SRSB
PSS	1				1			
GAD-2	.509** <.001	1			.472** <.001	1		
PHQ-2	.382** <.001	.583** <.001	1		.401** <.001	.593** <.001	1	
SRSB	-.181* .010	-.291 <.001	-.262* <.001	1	-.187* .039	-.168 .058	-.199* .024	1

**p<.001, *p<.05

DISCUSSION

- Unlike exercise self-efficacy (which is typically higher in men), SB-specific self-efficacy was higher in women.
- Comprehensive interventions targeting SB should include components related to depression, anxiety, stress, and self-efficacy to reduce SB for both women and men.

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