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<p>Tiivistelmä-Referat-Abstract</p> <p>Past research has shown that the risk of cardiovascular disease is significantly lower among those with higher levels of physical activity. Hostility and its' cognitive component, cynical distrust, have been found to associate inversely with several health behaviours. However, the results concerning the association between physical activity and hostility have remained ambiguous. Also, high-self-efficacy and positive outcome expectancies have been found to promote one's physical activity.</p> <p>This cross-sectional population study (n=4957) examined if cynical distrust is related to leisure time physical activity. Also, it was explored if the associations of cynical distrust, self-efficacy on healthy lifestyle and outcome expectancies on healthy lifestyle together are associated with leisure time physical activity. In addition, the effects of age, body mass index (BMI), health status, education, and smoking were adjusted. Cynical distrust was associated inversely with leisure time physical activity (Beta = -0.107, p< 0.001 in men, and Beta = -0.130, p< 0.001 in women). However, this association disappeared within men (Beta = -0.043, p=0.063), but not in women (Beta = -0.073, p< 0.001) after self-efficacy for healthy lifestyle and outcome expectancies for healthy lifestyle, age, and education were added into the model.</p> <p>The results of the present study suggest that leisure time physical activity is associated with different psychosocial determinants in men and women. Men's leisure time physical activity is associated with self-efficacy for healthy lifestyle, outcome expectancies for healthy lifestyle, education, positive health status, lower BMI, and non-smoker status. Women's leisure time physical activity was associated with lower levels of cynical distrust, self-efficacy for healthy lifestyle, higher outcome expectancies for healthy lifestyle, education, lower BMI, and non-smoker status.</p>			
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