**Positive and Negative Affect in Cardiovascular Reactivity and Recovery**

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**Background:** Trait affect is an important predictor of health, with transient positive and negative emotional changes also considered important pathways linking psychological stressors to disease. For example, past research has found anxiety and hostility to be associated with the development of cardiovascular diseases and illnesses due to hypertension, but these results are inconsistent. In our study, we examined blood pressure responses to the Trier Social Stress Test (TSST). We hypothesized that individuals with higher trait negative affect (NA) would have an overall higher blood pressure at all time points following the laboratory induced stressor and that the opposite would be true for those with high trait positive affect (PA).

**Methods:** Self-reported trait PA and NA was collected during the participant’s initial visit as well as demographic information (N = 69, 63.8% female, mean age = 33.5) At a second visit to the laboratory a week later, we utilized the TSST to induce acute stress. Blood pressure was measured every 90 seconds prior to, during, and following the task for 6 minutes. Bivariate correlations and linear regressions were utilized to examine the associations between affect and blood pressure. We controlled for demographic information as well as specific health behaviors. Reactivity was calculated by a difference score between baseline and trier averages. A difference score was also taken for recovery. This data is part of an ongoing study with a target N = 200.

**Results:** Surprisingly, our results did not find connections between trait PA and NA with blood pressure reactivity. However, negative affect was positively correlated with blood pressure recovery (r= .252, p = .031) such that those with higher trait NA had more recovery.

**Discussion:** Although the association was unexpected, this study is ongoing, and it is possible that once we reach our target sample size, results will change. Alternatively, it may be that trait measures of affect taken one week prior to a stress task are less relevant than mood and state emotion measures taken immediately before a stressor. While trait affect is critical for long term health, it may be that when it comes to predicting acute stress responses, how we are reporting that we feel in the moment is what is more influential.