Dr. Karina Davidson

Anxiety sensitivity—a cognitive vulnerability— is associated with behavioral risk factors for cardiovascular disease (CVD), morbidity, and illness course. Yet, the between-subjects and within-subjects role of anxiety sensitivity and its relationship to stress and exercise is unclear. **Our Primary Aims** are to examine, 1) whether anxiety sensitivity is a predictor of actigraphy-assessed exercise behavior, and, 2) the effect of anxiety sensitivity on the relationship between ecologically-assessed stress perception and actigraphy-assessed exercise behavior.