**Associations of objectively measured physical activity with daily mood ratings and psychophysiological stress responses in women**

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**Abstract**

The aim of this study was to examine associations of objectively measured physical activity with daily mood ratings and psychophysiological stress responses. We recruited 40 healthy females (aged 28.7 ± 6.1 yrs) who completed a once-a-day mood rating scale for 7 days, along with a 7-day assessment of physical activity using accelerometers and psychophysiological stress testing. The findings suggest that levels of physical activity as measured using an accelerometer are associated with both depressive symptoms over the past 2 weeks (CES-D) (*r*=−.33, *p*=.038) and with daily positive emotional style (*r=*.49, *p*=.001). The relationship between physical activity and positive emotional style remained after controlling for age, body mass index, and negative emotional style (*t*=3.31, *p*=.002). Physical activity was not related to any psychophysiological stress responses.