

Exercise dependence in endurance sports: Relation to emotional regulation and negative affectivity (pp. 181-202)

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The copious and uncontrolled practice of exercise can generate psychological dependence and mood changes. Emotional regulation and negative affectivity are relevant processes for the development of addictive patterns. This study analysed the differences in negative affectivity and emotional regulation based on the practice profile of exercise; the relationship between exercise dependence, emotional regulation, and negative affectivity; and the mediating role of emotional regulation in such relationship. 375 endurance sports practitioners participated. The differences in the physical exercise practice profiles were significant in all the study variables. Exercise dependence correlated positively and significantly with emotional regulation difficulties and with negative affectivity. Emotional regulation difficulties were predictors of exercise dependence. There was a mediating effect of emotional regulation difficulties between negative affect and exercise dependence. Improving emotional regulation skills could prevent the onset of exercise dependence.

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