An acute bout of high-intensity interval training led to significant long-term reductions in anxiety sensitivity (AS) scores. High-intensity interval training may lead to changes in AS that are unique from moderate and low intensity exercise.

**INTRO**

- Many Americans do not meet the recommended guideline for aerobic and muscle strengthening exercise.  
- Anxiety disorders are the most common mental health disorder in the U.S., and rates of anxiety have been increasing in all U.S. adults with a particularly rapid increase in the young adult population.  
- Anxiety sensitivity (AS) has been implicated as a predictor of the development of anxiety symptoms and disorders and is associated with treatment outcomes.  
- Self-efficacy (SE) is related to both AS and physical activity.

**METHODS**

- 42 healthy young adults with moderate to high levels of AS were randomly assigned to 1 of 3 exercise interventions: High-intensity interval training (HIIT), moderate intensity continuous training (MICT) or a static stretching control group.  
- The Physical Activity Readiness Questionnaire (PAR-Q) and Anxiety Sensitivity Index-3 (ASI-3) were used to screen participants.  
- The ASI-3 and the General Self-Efficacy Scale (GSE) were used at the pre-intervention, post-intervention, and 2-week follow-up assessments.

**RESULTS**

- MICT led to significant reductions in ASI-3 scores from pre-intervention to post-intervention, but these reductions were not maintained at the 2-week follow-up.  
- HIIT was the only intervention with significant reductions in AS scores from pre-intervention to follow-up.  
- Significant change in GSE in the MICT group from pre-intervention to post-intervention, but were not sustained at follow-up.  
- No significant differences in GSE or ASI-3 scores between groups at follow-up.

**DISCUSSION**

- HIIT may lead to greater long-term effects on AS than low and moderate intensity exercise.  
- The addition of exercise may augment psychological interventions for individuals with elevated AS.  
- SE may not be a mechanism through which changes in AS are seen as a result of exercise.