

*Pennebaker, J.W., Skelton, J.A., Wogalter, M. & Rodgers, R.J. Effects of Attention on the Experience of Physical Symptoms.*

Recent evidence has suggested a parallel between attitudes and physical symptoms. Findings demonstrating the polarization of attitudes as a function of attentional focus were extended to reports of pain and muscle soreness. Three experiments confirmed the polarization reasoning that the focusing of attention on physical symptoms increases their severity. Implications and the role of affect in attitudes and symptoms are discussed. *University of Virginia P*