Correction: Personality traits can predict which exercise intensities we enjoy most, and the magnitude of stress reduction experienced following a training program

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A Correction on

Personality traits can predict which exercise intensities we enjoy most, and the magnitude of stress reduction experienced following a training program

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In the published article, there was an error in the author list.

Author Benjamin Tari was erroneously assigned as corresponding author. The correct corresponding author is Flaminia Ronca.

There was a mistake in Tables 3, 4 as published. Both tables are missing the columns for estimates and confidence intervals. There was a mistake in the captions of Tables 3, 4 as published. A clarification has been added. The corrected Tables 3, 4, along with their updated captions appear below.

There was an error in the **Results section**: Figure 4 was omitted. Figure 4 and its corresponding information are provided below.

Figure 4 should be cited in the following sentence, at the end of the **Results section**, under "*Intervention Outcomes*".

Furthermore, participants who scored high on neuroticism reported a greater decrease in stress after the intervention, $F_{(1,49)} = 9.94$, $p = 0.003$, $R^2_{adj} = 0.15$ (Figure 4).

Figure 4 and its caption appear below.

The original version of this article has been updated.

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TABLE 3 Multiple linear regression output for each component of baseline physical fitness following backward elimination.

	Estimate	95% CI [LL, UL]	p	df	F	R^2	R^2_{adj}
DV: VO$_{2peak}$							
Extraversion	1.15	[0.36, 1.93]	0.006				
Sex (male)	6.83	[3.60, 10.10]	<0.001				
Regression			<0.001	2, 120	13.38	0.15	0.13
DV: anaerobic threshold							
Extraversion	1.40	[0.74, 2.05]	<0.001				
Sex (male)	4.57	[1.84, 7.30]	0.002				
Regression			<0.001	2, 120	11.33	0.16	0.14
DV: peak power output							
Extraversion	8.06	[3.01, 13.11]	0.003				
Age	0.98	[0.18, 1.78]	0.018				
Sex (male)	99.56	[79.70, 120.40]	<0.001				
Regression			<0.001	3, 119	35.4	0.47	0.46
DV: heart rate recovery							
Neuroticism	−2.19	[−3.58, −0.81]	0.003	1, 66	9.54	0.13	0.12
DV: press-ups							
Conscientiousness	2.17	[0.91, 3.36]	<0.001				
Age	−0.29	[−0.47, −0.11]	0.001				
Sex (male)	23.32	[18.74, 27.90]	<0.001				
Regression			<0.001	3, 118	33.13	0.48	0.44
DV: plank time							
Conscientiousness	3.97	[0.06, 7.89]	0.046	1, 122	4.06	0.03	0.02
DV: PA weekly hours							
Conscientiousness	0.62	[0.22, 1.22]	0.002				
Sex (male)	2.15	[0.64, 3.66]	0.014				
Regression			0.001	2, 106	7.20	0.12	0.11
DV: body fat %							
Conscientiousness	−0.56	[−1.10, −0.01]	0.039				
Age	0.20	[.12, 0.28]	<0.001				
Sex (male)	−7.76	[−9.80, −5.62]	<0.001				
Regression			<0.001	3, 124	23.43	0.36	0.35
DV: muscle mass							
Age	0.18	[.09, 0.27]	<0.001				
Sex (male)	17.96	[15.61, 20.30]	<0.001				
Regression			<0.001	2, 125	128.8	0.67	0.67

The full models included all Big Five personality traits, age and sex.
Full models included all Big Five personality traits + Sex + Age, predictors were removed via backward elimination until all variables were significant ($p < 0.05$).

TABLE 4 Multiple linear regression outputs predicting enjoyment of each exercise session with personality traits following backward elimination.

	Estimate	CI [LL, UL]	p	df	F	R^2	R^2_{adj}
DV: enjoyed stretching							
Neuroticism	0.18	[0.03, 0.33]	0.023	1, 32	5.58	0.15	0.12
DV: enjoyed strength session							
Sex (male)	0.10	[−0.04, 0.24]	0.18	1, 50	1.99	0.04	0.03
DV: enjoyed lab low intensity session							
Neuroticism	−0.25	[−0.42, −0.08]	0.005	1, 43	8.74	0.17	0.15
DV: enjoyed easy long ride							
Agreeableness	0.24	[0.01, 0.27]	0.049	1, 42	4.11	0.09	0.07
DV: enjoyed threshold ride							
Neuroticism	−0.19	[−0.35, −0.03]	0.024	1	1.29		
Openness	−0.25	[−0.40, −0.09	0.005	1	5.13		
Sex (male)	−0.63	[−1.21, −0.05]	0.031	1	4.73		
Regression			0.015	3, 51	3.85	0.18	0.14
DV: enjoyed high intensity interval ride							
Extraversion	0.21	[0.01, 0.43]	0.031	1	0.68		
Openness	−0.40	[−0.65, −0.15]	0.004	1	9.10		
Regression			0.012	1, 46	4.89	0.18	0.14
DV: enjoyed lab VO$_{2peak}$ test							
Extraversion	0.13	[0.02, 0.25]	0.039	1, 117	4.32	0.04	0.03

The full models included all Big Five personality traits, age and sex.

FIGURE 4
Relationship between neuroticism scores and changes in stress after the 8-week period. The prediction was significant in the intervention group only ($R^2 = 0.17$, $p = 0.003$).