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ERRATUM: The relationship between daily physical activity, subjective sleep quality, and mood in sedentary Hungarian adults: A longitudinal within-subjects study

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Values in the last row of [Table 1](#) were not proper. Please, find the corrected table below.

PARTICIPANTS' CHARACTERISTICS

At the baseline of the seven-day procedure

The sample included 35 participants (18 females and 17 males), office employees with a sedentary, inactive lifestyle. The mean age of participants was 34.6 ($SD = 2.9$). Based on the PSQI-HUN, the sleep quality of participants indicated poor sleep, and participants showed small, non-disruptive daytime sleepiness based on ESS. All participants were in a normal mood state (based on the BDI and the STAI-T/S minimal depression and/or low/moderate state/trait anxiety) and by normal weight (BMI range: 18.90–24.98) ([Table 1](#)). There were no statistically significant differences in any variables between males and females.

Table 1. Participants' characteristics in the total sample and in the groups of males and females

	Total sample		Males		Females	
	(N = 35)		(n = 17)		(n = 18)	
	Mean	SD	Mean	SD	Mean	SD
Age (years)	34.6	2.9	34.7	2.5	34.5	3.5
Quality of Sleep (PSQI)	7.9	4.3	8.7	5.7	7.3	3.8
Daytime Sleepiness (ESS)	7.1	3.1	7.0	2.0	7.3	4.1
Depression (BDI ₁₃)	4.1	4.9	3.3	3.5	4.8	6.2
State-Anxiety (STAI-S)	36.9	7.1	38.7	4.6	35.5	9.0
Trait-Anxiety (STAI-T)	36.7	5.1	35.7	3.5	37.5	6.5
Body Mass Index (BMI)	22.5	2.4	23.1	1.8	21.7	2.8

SD: standard deviation.

Editorial

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