**Introduction**

- Cardiovascular Disease (CVD) is the number one killer of Americans every year.
- In Law Enforcement Officers (LEOs) traditional risk factors for CVD are more prevalent.
  - LEOs could potentially decrease their risk factors if they were to modify their risk factor profiles.
- Adherence to CVD risk modification strategies are not very good.
- In a study on patients whom had already suffered from an acute coronary syndrome 30% of the patients continued smoking and <30% reported adhering to both exercise and nutrition (Chow et al., 2010).

**Attribution Theory**

- Concept that explains how individuals “link” events to successes or failures.
  - “Links” further identified as attributions of causality, controllability and stability.
  - For example, effort, which is initiated by a person, would be considered internal, controllable, and unstable (Stewart et al., 2011).

**Desirable Attributions**

- Success → High Ability → Positive Emotions → Movement towards Achievement
- Failure → Lack of Effort → Motivating Emotions → Movement towards Achievement

**Undesirable Attributions**

- Success → Luck → Lack of Motivation → Movement towards Achievement
- Failure → Lack of Ability → Negative Emotions → Movement towards Achievement

**Conclusions**

- AR has been shown to be helpful in affecting CVD risk factors.
- AR could possibly be helpful in changing risk factor profiles of the LEO population who suffer from one or more of the CVD risk factors.

**References**


