

## Abstract

In response to the equivocal finding on the relationship between emotional expression and general health, King and Emmons (1990) introduced the construct of ambivalence over emotional expressiveness and demonstrated it to be the crucial variable in explaining the adverse implication on psychological and physical well-being. The present study aimed at extending the original study to the Chinese and examining whether the ambivalent tendency was sustained by certain personality correlates. A total of 211 undergraduates participated in the study by filling out a set of questionnaires consisting of six scales. Our results showed that people who were ambivalent in emotional expression tended to have poor health and were likely positively associated with neuroticism but negatively related to extraversion and agreeableness. Possible explanations for these links were discussed and suggestions for further studies were recommended.