

**Table 2 Determination coefficients of confirmatory factor analysis of the SCT-PAIAGS items**

| Latent variables (constructs)                            | Observed variables (items)  | <i>R</i> <sup>2</sup> |
|--|---|-----------------------|
| Self-efficacy  | I could exercise during or following a personal crisis                                  | 0.15                  |
|  | I could exercise when feeling depressed   | 0.04                  |
|  | I could exercise when feeling anxious   | 0.19                  |
|  | I could exercise during bad weather   | 0.14                  |
|  | I could exercise when on vacation   | 0.14                  |
|  | I could exercise when there are competing interests (e.g. watching television)          | 0.17                  |
|  | I could exercise when I have a lot of work to do  | 0.15                  |
|  | I could exercise when I didn't receive support from my family/friends                   | 0.17                  |
|  | I could exercise when exercising is not enjoyable                                       | 0.04                  |
| I could exercise when I hadn't reached my exercise goals | 0.13  |                       |
| Self-regulation  | I often set exercise goals  | 0.19                  |
|  | My exercise goals help to increase my motivation for doing exercise                     | 0.02                  |
|  | I tend to break more difficult exercise goals down into a series of smaller goals       | 0.01                  |
|  | I usually keep track of my progress in meeting my goals                                 | 0.08                  |
|  | If I do not reach an exercise goal, I analyse what went wrong                           | 0.16                  |
|  | Exercise is generally a high priority when I plan my schedule                           | 0.06                  |
|  | I schedule my exercise at specific times each week                                      | 0.14                  |
|  | I write my planned activity sessions in an appointment book or calendar                 | 0.08                  |
| I seem to have enough time to exercise                   | 0.29  |                       |
| Family support   | Exercised with me   | 0.28                  |
|  | Gave me encouragement to stick with my exercise programme                               | 0.09                  |
|  | Planned to exercise on recreational outings   | 0.04                  |
|  | Talked about how much they like to exercise   | 0.34                  |
|  | Helped plan activities around my exercise   | 0.26                  |
|  | Made positive comments about my physical appearance                                     | 0.02                  |
| Friend support   | Exercised with me   | 0.03                  |
|  | Gave me encouragement to stick with my exercise programme                               | 0.24                  |
|  | Planned to exercise on recreational outings   | 0.13                  |
|  | Talked about how much they like to exercise   | 0.22                  |
|  | Helped plan activities around my exercise   | 0.39                  |
|  | Made positive comments about my physical appearance                                     | 0.04                  |
| Outcome expectancy                                       | I will feel less depressed and/or bored   | 0.09                  |
|  | I will improve my self-esteem   | 0.13                  |
|  | It will make me feel tired  | 0.02                  |
|  | Will feel less tension and stress   | 0.09                  |
|  | I will improve my health or reduce my risk of disease                                   | 0.11                  |
|  | I will do better on my job  | 0.20                  |
|  | I will feel more attractive   | 0.14                  |
|  | I will improve my heart and lung fitness  | 0.02                  |
|  | It will cost too much money   | 0.06                  |
| I will increase my energy level                          | 0.22  |                       |
| Self-efficacy to overcoming impediments                  | Get up early, even on weekends, to exercise   | 0.17                  |
|  | Stick to your exercise programme after a long tiring day of school/work                 | 0.09                  |
|  | Attend a social event/party only after exercising                                       | 0.21                  |
|  | Stick to your exercise programme even when you have excessive demands at school or work | 0.19                  |