

Table 4 Predicting regular PA intention of women based on the PMT constructs using adjusted and unadjusted regression models at 2- and 6-months follow-up

Constructs of the PMT	Unstandardized coefficients	Standardized coefficients	
	β	β	<i>P</i>
<i>2-mo follow-up</i>			
Constant	0.760		0.480
Perceived response efficacy	0.388	1.398	0.001
Perceived severity	0.027	0.220	0.014
Perceived self-efficacy	0.157	0.738	0.043
<i>6-mo follow-up</i>			
Constant	0.106		
Attitude	0.159	0.729	0.001
Perceived severity	0.021	0.203	0.020

PA = physical activity; PMT = protection motivation theory.