Table 5 Predicting women's attitude toward regular PA 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	P
2-mo follow-up			
Constant	14.819		0.001
Perceived self-efficacy	0.185	0.340	0.009
6-mo follow-up			
Constant	1.293		0.676
Perceived self-efficacy	0.808	0.807	0.001
Perceived susceptibility	0.079	0.150	0.042