Supplement Material to the article "The Ambivalent Role of Social Aspects in Health Promotion"

Authors: Paula Stehr, Constanze Rossmann, Tabea Kremer, & Hanna Luetke Lanfer

Content

Online supplement

Table 1

Multiple regression of normative beliefs on subjective norm

Reference groups	B	SE B	β	t	p
Spouses	.04	0.02	.24	2.17	.031
(Grand-)children	-.03	0.02	-.15	-1.10	.272
Family	.06	0.02	.30	2.41	.017
Friends	-.04	0.03	-.22	-1.44	.150
Acquaintances from cultural groups	-.02	0.03	-.08	-0.50	.620
Acquaintances from religious groups	.03	0.03	.18	1.14	.258
Neighbors	.02	0.03	.10	0.77	.442
Medical professionals	-.01	0.02	-.08	-0.94	.351

Note. n = 328-772; F(8,214) = 3.15, p = .002, R² = .13.

Table 2

Multiple regression of control beliefs on perceived behavioural control

Control beliefs	B	SE B	β	t	p
It's too expensive to be physically active.	.06	0.03	-.05	-1.64	.102
It's difficult to overcome my weaker self.	-.07	0.02	-.10	-3.30	.001
My physical limitations hinder physical activity.	-.11	0.02	-.20	-6.19	.000
I can be physically active together with sports fellows.	.07	0.02	.13	3.86	.000
There are people supporting my being physically active.	.01	0.02	.03	0.78	.434
I have no time to be physically active.	-.12	0.03	-.13	-4.10	.000
My surroundings are not well suited for being physically active.	-.07	0.02	-.10	-3.10	.002
The weather conditions hinder my physical activity.	-.02	0.02	-.03	-0.82	.413

Note. n = 969; F(8,960) = 23.62, p < .001, R² = .16.

Table 3

Multiple regression of behavioural beliefs on attitudes

Perceived consequences of physical activity	B	SE B	β	t	p
I am aging less fast.	.05	0.02	.12	3.51	.000
I prevent diseases.	.05	0.02	.09	2.48	.014
I stay flexible.	.17	0.03	.20	5.39	.000
I get my circulation going.	.04	0.03	.06	1.53	.126
I lose weight.	-.01	0.01	-.03	-0.96	.337
I feel good.	.13	0.02	.19	5.30	.000
I stay autonomous.	.04	0.02	.08	2.45	.015
I get the feeling of having achieved something.	.05	0.02	.09	2.77	.006
I meet other people.	.04	0.01	.09	2.93	.004
I overexert myself.	.00	0.01	.01	0.24	.809

Note. n = 786; F(10,775) = 45.39, *p* < .001, *R²* = .37.