Psychosocial factors/physical activity	PC (n = 131)	C (n = 185)	P (n = 241)	A (n = 202)	M (n = 314)	ANOVA-F	Scheffe post hoc test[a]
Table 2 Mean (standard deviation) scores of the participants on the psychosocial factors and physical activity across the 5 stages of behavioural change							
Psychosocial factors							
Perceived benefits	2.51 (0.57)	2.90 (0.56)	3.13 (0.43)	3.48 (0.35)	3.68 (0.26)	229.58***	PC < C < P < A < M
Perceived barriers	2.91 (0.62)	2.76 (0.61)	2.34 (0.54)	1.82 (0.32)	1.58 (0.31)	300.70***	PC, C < P < A < M
Self-efficacy	1.51 (0.45)	1.42 (0.42)	1.50 (0.27)	2.37 (0.33)	2.85 (0.37)	743.08***	PC, C, P < A < M
Social support	42.09 (8.50)	42.22 (8.96)	45.55 (6.97)	50.19 (5.49)	52.14 (5.96)	91.13***	PC, C < P < A < M
Exposure to model	10.03 (5.09)	9.51 (4.66)	10.08 (3.96)	12.83 (4.02)	14.21 (3.92)	57.14***	PC, C, P < A < M
Interpersonal norms	3.58 (2.35)	3.38 (2.13)	4.28 (1.93)	5.46 (1.69)	6.27 (1.36)	102.70***	PC, C < P < A < M
Enjoyment	2.64 (0.84)	2.95 (0.72)	3.21 (0.54)	3.66 (0.24)	3.79 (0.22)	166.40***	PC < C < P < A < M
Preferences	5.19 (2.94)	5.20 (3.01)	3.84 (2.70)	2.55 (2.14)	1.99 (2.81)	73.35***	PC, C < P < A < M
Planning	1.55 (0.40)	1.66 (0.45)	1.77 (0.42)	2.14 (0.34)	2.31 (0.35)	146.37***	PC, C < P < A < M
Physical activity (min/day)	16.15 (5.79)	21.67 (8.99)	28.48 (9.11)	53.57 (24.51)	68.86 (26.94)	318.14***	PC, C < P < A < M

[a]Means with different indices are significantly different in Scheffe post hoc tests: $P < 0.001$–0.03.

***$P < 0.001$.

PC = precontemplation, C = contemplation, P = preparation, A = action, M = maintenance.

n = number of participants.