

Table 3 Scores of participants (n = 235) on individual readiness for change items and overall level of readiness for change pre- and post-intervention

Readiness for change items ^a (scores)	% of drivers	
	Pre-intervention	Post-intervention
3. Do you think that due to normal ageing, it's usual to take medications for heart disease, high blood pressure or type 2 diabetes that you don't have to take when you are younger?		
Yes, I will be on 2 or more of these medications (+3)	77.0	13.2
Yes, I will keep out only on 1 of these medications (+1)	13.6	2.6
No, I will keep myself healthy, so I will not be on any of these medications (-3)	9.4	84.3
4. How do you explain the fact that you're in worse shape than when you were younger but haven't changed your habits at all?		
I think it's my family history (+1)	0.0	35.7
I think it's that I'm less active (+3)	0.0	0.0
I think it's a natural consequence of aging (-1)	58.7	0.4
I don't know why it's happening (0)	40.9	63.8
6. Are you willing to join a gym today?		
Yes (+3)	68.1	35.7
No (-3)	31.9	64.3
7. If someone told you that you'd need to throw away all the foods in your cupboards today and go shopping for different foods that are more appropriate to your goal, would you do it?		
Yes (+5)	98.7	49.8
No (-5)	1.3	50.2
8. If an expert presents some information on diet and exercise that contradicts what you currently believe, what approach will you take?		
Keep an open mind and give it a try (+3)	85.5	34.5
Ask a friend (0)	0.0	0.0
Ignore the advice (-3)	14.5	65.5
11. Are you ready to spend less time with people who offer little or no social support for your goals while spending more time with those who do offer support?		
Yes (+5)	88.1	47.2
No (-5)	11.9	52.8
13. If a friend or loved one suggests that you don't have what it takes to get into great shape because you've failed before or for some other reason, what will be your response?		
I can do it (+2)	37.9	22.1
I know I've got to make some changes but I'll take it one day at a time (+5)	27.7	7.7
Maybe I can't do it (-5)	34.5	70.2
14. Are you willing to wake up in the morning a bit earlier and stay up at night a bit later to accomplish your goals?		
Yes (+5)	88.1	30.2
No (-5)	11.9	69.8
15. Are you willing to do at least 5 hours of physical activity each week?		
Yes (+5)	88.1	11.9
No (-5)	11.9	88.1
Overall level of readiness for change (score) ^b		
"It's important for the person to stop thinking and start doing" (-20 to +20)	11.9	100.0
"It doesn't look like the person really wants to change" (-61 to -21)	88.1	0.0

^aOnly items that showed significant changes between pre- and post-intervention are shown (numbers 3, 4, 6, 7, 8, 11, 13, 14 and 15). The remaining items (numbers 1, 2, 5, 9, 10 and 12) were unchanged pre- and post-intervention.

^bPaired t-test: $t = -41.59$, $P < 0.001$.