

## Phase 2 Pilot Questionnaire

Please answer each of the following questions by circling the number that best describes your opinion. Some of the questions may appear to be similar, but they do address somewhat different issues. Please read each question carefully.

### (1) Behavioral Beliefs and Outcome Evaluations

With respect to each salient behavioral outcome, items are formulated to assess the strength of the behavioral beliefs and the evaluation of the outcome.

#### *Behavioral belief strength*

1. My exercising for at least 20 min, three times per week for the next three months will help me lose weight.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

2. If I exercise for at least 20 min, three times per week for the next three months I will suffer pain.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

3. If I exercise for at least 20 min, three times per week for the next three months I will be tired and exhausted.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

4. If I exercise for at least 20 min, three times per week for the next three months I will build up my physical strength.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

5. If I exercise for at least 20 min, three times per week for the next three months I will hurt myself.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

6. My exercising for at least 20 min, three times per week for the next three months will help me heal faster.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

#### *Outcome evaluation*

7. My losing weight is

good : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : bad

8. My suffering pain is

good : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : bad

9. My being tired and exhausted is

good : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : bad

10. My building up physical strength is  
good :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : bad

11. My hurting myself is  
good :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : bad

12. My healing faster is  
good :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : bad

*Sample injunctive normative referent: My doctor*

*Injunctive normative belief strength*

13. My spouse or partner thinks that I should exercise for at least 20 min, three times per week for the next three months.  
probable :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : improbable

14. My close friends think that I should exercise for at least 20 min, three times per week for the next three months.  
probable :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : improbable

15. My doctor thinks that I should exercise for at least 20 min, three times per week for the next three months.  
probable :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : improbable

16. My parents think that I should exercise for at least 20 min, three times per week for the next three months.  
probable :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : improbable

*Motivation to comply*

17. When it comes to matters of health, I want to do what my spouse or partner thinks I should do.  
agree :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : disagree

18. When it comes to matters of health, I want to do what my close friends think I should do.  
agree :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : disagree

19. When it comes to matters of health, I want to do what my doctor thinks I should do.  
agree :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : disagree

20. When it comes to matters of health, I want to do what my parents think I should do.  
agree :\_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : disagree

*Sample descriptive normative referent: My friends*

*Descriptive normative belief strength*

21. After major surgery, my close friends would exercise for at least 20 min, three times per week for the three months.

false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : true

22. After major surgery, my parents would exercise for at least 20 min, three times per week for the three months.

false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : true

23. After major surgery, my spouse or partner would exercise for at least 20 min, three times per week for the three months.

false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : true

*Identification with the referent*

24. When it comes to matters of health, how much do you want to be like your close friends?

very much : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : not at all

25. When it comes to matters of health, how much do you want to be like your parents?

very much : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : not at all

26. When it comes to matters of health, how much do you want to be like your spouse or partner?

very much : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : not at all

*Sample control factor: Physical strength*

*Control belief strength*

27. I will have physical strength in the next three months.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

28. I will experience pain in the next three months.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

29. I will be getting physical therapy in the next three months.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

30. I will have others to exercise with in the next three months.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

*Power of control factor*

31. Having physical strength would enable me to exercise for at least 20 min, three times per week for the next three months.

disagree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : agree

32. Experiencing pain would make it difficult for me to exercise for at least 20 min, three times per week for the next three months.

disagree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : agree

33. Getting physical therapy would enable me to exercise for at least 20 min, three times per week for the next three months.

disagree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : agree

34. Having others to exercise with would enable me to exercise for at least 20 min, three times per week for the next three months.

disagree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : agree

*Direct attitude scales*

35. My exercising for at least 20 minutes, three times per week for the next three months is bad : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : good

36. My exercising for at least 20 minutes, three times per week for the next three months is pleasant : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unpleasant

37. My exercising for at least 20 minutes, three times per week for the next three months is harmful : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : beneficial

38. My exercising for at least 20 minutes, three times per week for the next three months is interesting : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : boring

*Direct Perceived norm scales: Injunctive and descriptive aspects*

39. Most people who are important to me think that I should exercise for at least 20 minutes, three times per week for the next three months.

true : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : false

40. Most people whose opinions I value would approve of my exercising for at least 20 minutes, three times per week for the next three months.

unlikely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : likely

41. Most people I respect and admire would exercise for at least 20 minutes, three times per week in the three months following major heart surgery.

unlikely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : likely

42. Most people like me have exercised for at least 20 minutes, three times per week in the three months following their major heart surgery

agree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : disagree

*Direct Perceived behavioral control scales*

43. I am confident that I can exercise for at least 20 minutes, three times per week for the next three months.

true : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : false

44. My exercising for at least 20 minutes, three times per week for the next three months is completely up to me

disagree: \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : agree

45. If I really wanted to, I could exercise for at least 20 minutes, three times per week for the next three months.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

46. For me to exercise for at least 20 minutes, three times per week for the next three months is under my control

not at all: \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : completely

*Behavioral Intention scales*

47. I intend to exercise for at least 20 minutes, three times per week for the next three months.

Definitely do : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : definitely do not

48. I will exercise for at least 20 minutes, three times per week for the next three months.

likely : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : unlikely

49. I am willing to exercise for at least 20 minutes, three times per week for the next three months.

false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : true

50. I plan to exercise for at least 20 minutes, three times per week for the next three months.

agree : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : disagree

*Past behavior and behavior assessed three months later*

51. In the past three months, how often have you exercised for at least 20 minutes, three times per week?

never : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : almost always

52. In the past three months, I have exercised for at least 20 minutes, three times per week.

false : \_\_1\_\_ : \_\_2\_\_ : \_\_3\_\_ : \_\_4\_\_ : \_\_5\_\_ : \_\_6\_\_ : \_\_7\_\_ : true