

# Comparing Psychosocial Predictors of Physical Activity Adoption and Maintenance

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## Abstract

### Background

Most health behavior models do not distinguish between determinants of behavior adoption and maintenance.

### Purpose

This study compared psychosocial predictors of physical activity (PA) adoption and predictors of PA maintenance among 205 initially sedentary adults enrolled in a home-based PA promotion trial.

### Methods

Psychosocial variables were measured at 6 months (at which point 107 participants remained inactive and 98 participants adopted regular PA) and used to predict 12-month PA status (an indicator of PA adoption among those inactive at 6 months and an indicator of PA maintenance among those active at 6 months).

### Results

Six-month PA status moderated the relationships between 6-month measures of home access to PA equipment ( $p = .049$ ), self-efficacy ( $p = .086$ ), and perceived satisfaction ( $p = .062$ ) and 12-month PA status. Simple effects analyses revealed that home access to PA equipment was predictive of PA adoption (OR = 1.73; 95% CI: 1.05, 2.85), but not PA maintenance (OR = 0.88; 95% CI: 0.58, 1.35), whereas self-efficacy and perceived satisfaction were predictive of PA maintenance (OR = 2.65; 95% CI: 1.55, 4.52; OR = 1.95; 95% CI: 0.93, 4.06), but not PA adoption (OR = 1.50; 95% CI: 0.87, 2.57; OR = 0.82, CI: 0.44, 1.52).

### Conclusions

Results suggest that these psychosocial variables may operate differently in predicting PA adoption versus maintenance.

**Keywords:** [Adoption](#), [Maintenance](#), [Physical activity](#), [Social cognitive theory](#), [Perceived satisfaction](#)

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