

Appendix 1. Key Effects in the Integrated Behavior Change Model and Supportive Evidence

Proposed effect ^a	Source articles ^b	Effect size, r^c
1. Intention→behavior	Hagger, Chatzisarantis & Biddle (2001; 2002b); Hagger et al. (2001); Hagger & Chatzisarantis (2005)	Hagger et al. (2002a) = 0.05;
2. Attitude→intention		Hagger et al. (2009) = 0.27
3. Subjective norm→intention		Hagger et al. (2002a) = 0.20;
4. PBC→intention		Hagger et al. (2009) = 0.37
5. Action planning x Intention→Behavior	Orbell & Sheeran (1997); Norman & Conner (2005)	Hagger et al. (2002a) = 0.09;
6. Autonomous motivation→Attitude	Hagger, Chatzisarantis & Harris (2006a, 2006b); Hagger, Chatzisarantis, Culverhouse & Biddle (2003); Hagger, Chatzisarantis, Barkoukis, Wang, & Baranowski (2005); Hagger et al. (2009)	Hagger et al. (2009) = 0.06
7. Autonomous motivation→Subjective norm		Hagger et al. (2009) = 0.28;
8. Autonomous motivation→PBC		Hagger et al. (2009) = 0.26
9. Implicit attitudes→behaviour	Calitri, Lowe, Eves, & Bennett (2009); Hyde, Doerksen, Ribeiro, & Conroy(2010)	–
10. Implicit motivation→behaviour	Keatley, Clarke, & Hagger (2012, 2013)	–

Note. PBC = Perceived behavioral control. ^aProposed effect in Integrated Behavior Change Model outlined in Figure 1; ^bExample empirical articles from the authors' research group and those of others testing the effect; ^cEffect size from authors' meta-analyses of research testing the effect, coefficients are attenuated beta coefficients from tests of the model based on the meta-analytic correlation matrix.

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