

SUPPLEMENTAL DIGITAL CONTENT 1

Table S1: Measurement of psychosocial factors in the Dutch GLOBE postal survey 2004

Variable	Item	Response categories
Attitude	Negative outcome expectancy of PA ^a : It requires too much time	(1)Very important ••• (5)Not important at all
	Negative outcome expectancy of PA: It requires too much discipline	(1)Very important ••• (5)Not important at all
	Negative outcome expectancy of PA: It requires too much energy	(1)Very important ••• (5)Not important at all
	Negative outcome expectancy of PA: I am afraid to get injured	(1)Very important ••• (5)Not important at all
	Negative outcome expectancy of PA: I feel uncomfortable when exercising	(1)Very important ••• (5)Not important at all
	Positive outcome expectancy of PA: It makes me feel less stressed	(1)Not important at all ••• (5)Very important
	Positive outcome expectancy of PA: It gets me into a good mood	(1)Not important at all ••• (5)Very important
	Positive outcome expectancy of PA: I like being active	(1)Not important at all ••• (5)Very important
	Positive outcome expectancy of PA: I am more confident with my body	(1)Not important at all ••• (5)Very important
	Positive outcome expectancy of PA: It is good for fitness/condition	(1)Not important at all ••• (5)Very important
	Positive outcome expectancy of PA: I feel energized	(1)Not important at all ••• (5)Very important
Social influence	Most people who are important to me think I should be sufficiently physically active ^b	(1)No, not true • (3)Yes, true
	Most people who are important to me stimulate me to be sufficiently physically active	(1)No, not true • (3)Yes, true
	Most people who are important to me are sufficiently physically active	(1)No, not true • (3)Yes, true
Self-efficacy	Do you think it is easy or difficult to be sufficiently physically active?	(1)Very difficult ••• (5)Very easy
	How sure are you that you can be sufficiently physically active?	(1)Not sure at all ••• (5)Very sure
Intention	Do you plan to be sufficiently physically active?	(1)No, for sure not ••• (5)Yes, for sure

^aPA=physical activity

^bSufficient physical activity was defined in the questionnaire as being active for at least half an hour a day