

# BEHAVIOR CHANGE CONSORTIUM

## COMMON CONSTRUCTS/MEDIATORS SUMMARY

July 20-21, 2000

Construct/Definition	Behavioral Application	Sites Assessing	Questionnaire/ Reference/Citation
<b>Decisional Balance</b> Pros and cons of performing a behavior	Alcohol Exercise	11 4, 9, 11, 13	<b>Pros &amp; Cons:</b> Marcus, B.H., Rakowski, W., Rossi, J. S. (1992). Assessing motivational readiness and decision making for exercise. <u>Health Psychology</u> , <u>11</u> , 257-261. <b>DBQ:</b> Nigg, et al. (1998). Structure of decisional balance for exercise adoption. <u>Annals of Behavioral Medicine</u> , <u>20</u> , S211. <b>F&amp;V Decisional Balance:</b> Developed by U. of Rhode Island
	Fruits/Vegetables Smoking Weight Loss	11, 13 6, 11 4	
<b>Depression</b> Depressive symptoms	General Exercise Smoking	1, 3, 4, 7, 9, 14 9, 10, 15 6	<b>CESD-10:</b> Andresen, E.M., et al. (1994). Screening for depression in well older adults: Evaluation of a short form of the CES-D. <u>American Journal of Preventive Medicine</u> , <u>10</u> , 77-84 <b>CES-D:</b> Radloff, L.S. (1977). The CES-D Scale: A self-report depression scale for research in the general population. <u>Applied Psychological Measurement</u> , <u>1</u> , 385-401.

**Goals**

Individual's intention to perform target behavior	Fruits/Vegetables	5, 7	
	Physical Activity	5, 7	
	Exercise	4	Individual Contracts
	Weight Loss	4	Individual Contracts
	Taking Medication	4	Individual Contracts
Group's intention to perform target behavior	Env. Change Behaviors	5	
Number of goals set to change behavior	Smoking	6	
	ETS Reduction	6	

**Outcome Expectations**

Belief that performing/ failing to perform a specific behavior will result in a given outcome	Exercise/ Phys. Activity	5, 7, 10, 15
	Fruits/Vegetables	5, 7
	After-School Program	5
	School Lunch Purchase	5
	Smoking	12
Judgements of the likely group social and task consequences of performance of target behavior	Group Integration (Social, Task)	5
Outcome expectations associated with child's passive smoke exposure	Smoking	6

**Outcome Expectations for Exercise:** Resnick, B. et al. (in press). Outcome expectations for exercise scale: Utility and psychometrics. The Journal of Gerontology: Social Sciences.

**Quitting Expectations Questionnaire:** Developed by U. of Minnesota

**(Self-)Efficacy**

Belief in one's ability to perform a behavior (performance)	Diet/Exercise	1, 8, 9
	Alcohol	11
	Exercise/ Phys. Activity	1, 5, 9, 10, 11, 13, 15
Group's shared belief in its conjoint capabilities to organize and execute target behavior	Fruits/Vegetables	5, 11, 13
	Smoking	1, 6, 11, 12
	ETS Reduction	6
	Exercise/ Phys. Activity	5
	Fruits/Vegetables	5
	Env. Change in School Lunch Program/After School Program/ Curriculum	5
	Strategic/Action Planning	5

**Diet SEQ:** Sallis, J.F. et al. (1988). The development of self-efficacy scales for health-related diet and exercise behaviors. Health Education Research, 3, 283-292.

**Stanford Self-Efficacy Scale:** Garcia, A.W., & King A.C. (1991). Predicting long-term adherence to aerobic exercise: A comparison of two models. Journal of Sport and Exercise Psychology, 13, 394-410.

**Self-Efficacy for Exercise:** Resnick, B., & Jenkins, L. (2000). Reliability and validity testing of the self-efficacy for exercise scale. Nursing Research, May/June.

**SEQ (Exercise):** Benisovich, et al. (1998). Development of a multidimensional measure of exercise self-efficacy. Annals of Behavioral Medicine, 20, S190.

**SEQ (F&V):** Developed by U. of Rhode Island

**Social Support**

Extent of social support network	General	1, 3, 8	<p><b>Social Support Questionnaire:</b>  <b>MacArthur:</b> Seeman, J.E., Berkman, L.F., Blazer, D., Rowe J.W. (1994). Social ties and support, and neuroendocrine function: The MacArthur studies of successful aging. <u>Annals of Behavioral Medicine</u>, 95-106.</p> <p><b>CAST-I:</b></p>
Perceived available social support	General	3, 8, 6	<p><b>ISEL:</b> Hoberman, H.M. (1985). Measuring the functional components of social support. In I.G. Sarason &amp; B.R. Sarason (Eds.), <u>Social support: Theory, research and applications</u>. The Hague, Netherlands: Martinus Nijhoff.</p> <p><b>MOS Social Support Survey:</b> Sherbourne, C.D., &amp; Stewart, A.L. (1991). The MOS social support survey. <u>Social Science &amp; Medicine</u>, 32, 705-714.</p> <p><b>UCLA Support Inventory:</b></p> <p><b>Chronic Illness Resource Survey:</b></p> <p><b>Social Support for Exercise:</b> Sallis, J.F. et al. (1987). The development of scales to measure social support for diet and exercise behaviors. <u>Preventive Medicine</u>, 16, 825-836.</p>
	Alcohol	11	
	Exercise	9, 11, 15	
	Fruits/Vegetables	11	
	Smoking	11	
Frequency of use of social support	Diet	8	
	Exercise	8, 9	
	Stress Management	8	
	Smoking	8	
Neighborhood Support	Neighborhood	8	<b>Campbell Neighborhood Support:</b>
Group Cohesion	General + Targeted Behaviors	7	

**Stages of Change**

Perceived readiness to change behavior:	Alcohol	11
Precontemplation, Contemplation, Preparation, Action, and Maintenance	Diet (various)	1, 7, 11, 13
	Exercise/Phys. Activity	1, 7, 9, 10, 11, 13
	Smoking	1, 6, 11, 13

**Stage of Change (F&V):** Developed by U. of Rhode Island  
**Stage of Change (Exercise):** Marcus, B.H. et al. (1992). The stages and processes of exercise adoption and maintenance in a worksite sample. Health Psychology, 11, 386-395.  
**Stage of Change (Exercise):** Norman, et al. (1998). Examining three exercise staging algorithms in two samples. Annals of Behavioral Medicine, 20, S211  
**Smoking Workgroup Measures:**  
**Contemplation Ladder:**

**Stress**

Perceived stress	General	1, 6, 7, 8, 9, 11, 15
Stressors that present obstacles to adhering to healthy lifestyle practices	Diet Physical Activity Stress Management	8 8 8
Chronic environmental/daily stressors (hassles)	General	15

**Perceived Stress Scale:** Cohen, S. et al. (1983). A global measure of perceived stress. Journal of Health & Social Behavior, 24, 385-396.  
**Challenges to Self-Care (Barriers):**

**KEY:**

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| 1 = Cornell University Medical College   | 9 = Stanford University         |
| 2 = Emory University                     | 10 = University of Maryland     |
| 3 = Harvard School of Public Health      | 11 = University of Michigan     |
| 4 = Illinois Institute of Technology     | 12 = University of Minnesota    |
| 5 = Kansas State University              | 13 = University of Rhode Island |
| 6 = The Miriam Hospital/Brown University | 14 = University of Rochester    |
| 7 = Oregon Health Sciences University    | 15 = University of Tennessee    |
| 8 = Oregon Research Institute            |                                 |