

Table 1. Selected intervention characteristics (Number of interventions or studies and percent)

Intervention Characteristic		Interventions N (%)	Studies N (%)
Site of intervention:	Health care setting	24 (33%)	14 (30%)
	Home	12 (17%)	7 (15%)
	Community	17 (24%)	12 (26%)
	School	8 (11%)	7 (15%)
	Worksite	20 (28%)	13 (28%)
	Government institution	2 (3%)	2 (4%)
	Child care	1 (1%)	1 (2%)
	Religious institution	1 (1%)	1 (2%)
	Exercise center	7 (10%)	4 (9%)
Additional components:	Diet	10 (14%)	6 (13%)
	Smoking cessation and diet	29 (40%)	19 (40%)
Physical activity mode:	Aerobic	22 (31%)	17 (36%)
	Aerobic and non-aerobic	8 (11%)	7 (15%)
	Not specified	42 (58%)	23 (49%)
Exercise level	Moderate	20 (28%)	16 (34%)
	Vigorous	4 (6%)	3 (6%)
	Not clearly specified	48 (67%)	28 (60%)
Intervention mode	Mail	31 (43%)	20 (43%)
	In person	54 (75%)	36 (77%)
	Telephone	12 (17%)	8 (17%)
	Mass media	1 (1%)	1 (2%)
	Unspecified	3 (4%)	3 (6%)
Theoretical constructs:	Education on the benefits of exercise	48 (67%)	33 (70%)
	Written and/or verbal feedback and/or encouragement	33 (46%)	23 (49%)
	Benefits and barriers	31 (43%)	21 (45%)
	Self-monitoring	28 (39%)	20 (43%)
	Goal setting	26 (36%)	19 (40%)
	Problem solving	19 (26%)	17 (36%)
	Education on normal response to exercise	19 (26%)	14 (30%)
	Social support	18 (25%)	14 (30%)
	Incentives and contracts	14 (19%)	12 (26%)
	Education on where and/or how to exercise	13 (18%)	11 (23%)
	Skill building	12 (17%)	9 (19%)
	Relapse prevention	12 (17%)	9 (19%)
	Self efficacy	9 (13%)	9 (19%)
	Modeling	4 (6%)	4 (9%)
	Provision of equipment	4 (6%)	4 (9%)
	Self-reinforcement	4 (6%)	3 (6%)
	Decisional balance/outcome expectancies	2 (3%)	2 (4%)
	Social advocacy/marketing	2 (3%)	2 (4%)
	Self-talk strategies	2 (3%)	2 (4%)
	Awareness of abstinence violation effect	2 (3%)	1 (2%)
	Stimulus control	2 (3%)	1 (2%)
	Capacity building	1 (1%)	1 (2%)
	Assessment of motivation and confidence	1 (1%)	1 (2%)
	Maintenance strategies	1 (1%)	1 (2%)
	Resuming exercise safely after time off	1 (1%)	1 (2%)
	Injury concerns	1 (1%)	1 (2%)
	Self-evaluation	1 (1%)	1 (2%)
	Not specified	14 (19%)	10 (21%)

Table 1. Selected intervention characteristics (Number of interventions or studies and percent) (continued)

Intervention Characteristic		Interventions N (%)	Studies N (%)
Tailoring of intervention:	None	36 (50%)	20 (43%)
	Stage of change	17 (24%)	12 (26%)
	Risk factor status	10 (14%)	7 (15%)
	Individualized counseling	9 (13%)	8 (17%)
	Fitness level or exercise preference	8 (11%)	5 (11%)
	Language	2 (3%)	2 (4%)
	Other psychological variables	2 (3%)	2 (4%)
	Disability status	1 (1%)	1 (2%)
	Enthusiasm	1 (1%)	1 (2%)
	Health	1 (1%)	1 (2%)
	Reading level	1 (1%)	1 (2%)
	Schedule/time preference	1 (1%)	1 (2%)
Theory used:	None	37 (51%)	23 (49%)
	Transtheoretical model	21 (29%)	13 (28%)
	Social learning theory	7 (10%)	6 (13%)
	Motivational interviewing	5 (7%)	2 (4%)
	Social cognitive theory	4 (6%)	3 (6%)
	Health belief model	2 (3%)	2 (4%)
	Relapse prevention model	2 (3%)	2 (4%)
	Precaution adoption process model	2 (3%)	1 (2%)
	Behavior change theory	1 (1%)	1 (2%)
	Diffusion of innovation theory	1 (1%)	1 (2%)
	Kanfer's model of self-control & self-change model	1 (1%)	1 (2%)