

Table 7. Hypothesized mediators (H), whether they were intervened on (I), measured (M), and results found

Study	Hypothesized Mediators	Effect of Intervention on Mediator
Bull & Jamrozik, 1998 ¹¹³ Bull et al., 1999 ⁵⁷	Barriers to exercise H, I, M	Although reported as measured, no results given
Miller et al., 2002 ⁷⁸	Self-efficacy H, I, M Partner support H, I, M	Non-significant but positive effect on self-efficacy in the print plus community development intervention (compared to control or print alone) Attenuation of overall effect seen when partner support and self-efficacy were added to the model suggesting they may be acting as mediators
Bock et al., 2001 ¹¹⁴ Marcus et al., 1998 ⁷³	Self-efficacy H, I, M Decisional balance (benefits and barriers combo) H, I, M Benefits (pros) H, I, M Barriers (cons) H, I, M Cognitive processes H, I, M Behavioral processes H, I, M Mood depression (CES-D) H, I, M Mood positive and negative affect (PANAS) H, I, M	No statistically significant changes in mediators
Blalock et al., 2000 ⁷⁶	Self-efficacy H, I Barriers to change H, I	Mediators not measured
Caserta & Gillett, 1998 ¹¹⁵ Gillett et al., 1996 ⁶³ Gillett & Caserta, 1996 ⁷⁹	Perceived importance of exercising with peers H, I, M Structural features of exercise programs H, I, M Experience of companionship and support during exercise H, I, M Perceived benefits of exercise H, I, M	No difference at 18 months in perceived importance of exercise, peer group factors, and companionship and support.
Godin et al., 1987 ¹¹⁶	Intention to exercise H, I, M	Greater intention to exercise at three months in the group that received physical fitness evaluation and health hazard appraisal compared with control. No differences in the groups that received only the physical fitness evaluation or health hazard appraisal.
Graham-Clarke & Oldenburg, 1994 ¹¹⁷	Intention to change H, I, M	No difference in progression of "intention to change" at 12 months between groups
Edmundson et al., 1996 ¹¹⁸ Luepker et al., 1996 ⁵³ Nader et al., 1999 ⁵² Perry et al., 1997 ¹¹⁹ Simmons-Morton et al., 1997 ¹²⁰ Stone et al., 1996 ¹²¹ Nader et al., 1996 ¹²² McKenzie et al., 2001 ¹²³ McKenzie et al., 1996 ¹²⁴ McKenzie et al., 1994 ¹²⁵ Hearn, 1992 ¹²⁶	Knowledge H, I Self-efficacy H, I, M Perceived social reinforcement and support H, I, M Intentions H, I	No statistically significant difference between control and intervention groups in perceived physical activity positive support, perceived physical activity negative support, and physical activity self-efficacy at end of trial)

Table 7. Hypothesized mediators (H), whether they were intervened on (I), measured (M), and results found (continued)

Study	Hypothesized Mediators	Effect of Intervention on Mediator
McKenzie et al., 1995 ¹²⁷		
Mutrie et al., 2002 ⁷⁰	Processes of change H, I, M	No change in mediators
Nader et al., 1986 ¹²⁸ Nader et al., 1989 ¹²⁹	Family structure H Demographics H Family adaptability and cohesion H, I, M Perceived social support H, I, M Acculturation H	No results for family structure, demographics, family adaptability and cohesion, perceived social support and acculturation reported although it appears they were measured
Owen et al., 1987 ⁷⁷	Self-efficacy for exercise H, I	Not reported by intervention group