

# Psychosocial Correlates of Dietary Intake Among Overweight and Obese Men

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**Objectives:** To investigate the relationship between theoretically based psychosocial constructs and dietary components among overweight men. **Methods:** Participants were 441 men (BMI  $M = 34.2$ ). Psychosocial constructs included self-efficacy, decisional balance, social support, and behavior change strategies. Dietary components were fat, fiber, and fruit and vegetable intake. **Results:** All significant findings were in the expected direction. Mul-

tiple regression models indicated that the psychosocial factors accounted for the most variance in vegetable intake ( $R^2 = .13$ ) and the least variance in fat ( $R^2 = .05$ ). **Conclusions:** Theoretically based psychosocial constructs were related to overweight men's dietary intake and have potential for use in tailored behavior-change interventions.

**Key words:** behavior change, nutrition, obesity, correlates

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