

Self-efficacy Moderates the Mediation of Intentions Into Behavior via Plans

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Objective: To examine the putative moderating role of self-efficacy in the intention-planning-behavior relationship. **Methods:** In N=812 individuals, intentions (independent variable) were assessed at baseline, whereas action plans (mediator), self-efficacy (moderator), and physical activity (dependent variable) were measured again 4 weeks later. We examined a moderated-mediation model. **Results:** Self-efficacy moderates the mediation process: the

strength of the mediated effect increased along with levels of self-efficacy. The results remain valid after accounting for baseline physical activity. **Conclusions:** For plans to mediate the intention-behavior relation, people must hold sufficiently high levels of self-efficacy. If they lack self-efficacy, planning may be in vain.

Key words: physical activity, self-efficacy, intentions, action plans, moderated mediation

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