

# Measuring Perceived Benefits and Perceived Barriers for Physical Activity

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**Objectives:** To evaluate the psychometric properties and relationship to physical activity levels of the Exercise Benefits/Barriers Scale (EBBS) among college students. **Methods:** A total of 398 college students completed the EBBS and a measure of self-efficacy, the Physical Exercise Self-Efficacy Scale. In addition, a subsample of 275 students also completed a semistructured in-

terview on physical activity, the Seven-day Physical Activity Recall. **Results:** Psychometric properties were acceptable, but only benefits significantly accounted for variance in physical activity levels. **Conclusions:** Surprisingly, the factorial structure differed from the test developers'.

**Key words:** physical activity, benefits, barriers

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