

Correlates of Physical Activity Self-efficacy Among Breast Cancer Survivors

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Objective: To determine physical activity (PA) self-efficacy correlates in breast cancer survivors. **Methods:** Mail survey of 192 breast cancer survivors. **Results:** Structural equation analyses demonstrated significant and direct associations for perceived PA barriers ($\beta=-.29$), fatigue ($\beta=-.24$), social support ($\beta=.12$), enjoyment ($\beta=.12$), and prediagnosis PA ($\beta=.11$) with barriers self-efficacy. Prediagnosis PA ($\beta=.51$), social support ($\beta=.26$), and barriers self-efficacy ($\beta=.13$) dem-

onstrated direct associations with current leisure PA. Task self-efficacy analysis results were similar except perceived barriers and prediagnosis PA were not associated with task self-efficacy. **Conclusions:** Multiple potential efficacy correlates exist and may vary based on the aspect of self-efficacy examined.

Key words: oncology, exercise, survivorship, health education, prevention

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