

Testing Social Cognitive Mechanisms of Exercise in College Students

Daniel R. Taber, MPH; Hendrika Meischke, PhD; Matthew L. Maciejewski, PhD

Objectives: To determine if different dimensions of outcome expectations are mediators between self-efficacy and exercise among college students. **Methods:** Students (n=290) reported exercise levels, self-efficacy, and expectations using a Web-based questionnaire. Factor analysis was performed to identify dimensions of expectations; regression analyses tested whether each factor mediated the relationship between self-efficacy and exercise. **Results:** Physical, mental, social, and self-evaluative expectations emerged

from the factor analysis, but none was associated with exercise independent of self-efficacy. Self-efficacy, however, was significantly associated with exercise independent of expectations ($P < 0.01$). **Conclusions:** College students' activity expectations are multidimensional, but do not mediate the relationship between self-efficacy and exercise.

Key words: social cognitive theory, exercise, outcome expectations, self-efficacy, college students

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