Relations of change in fruit and vegetable intake with overall energy reduction and physical activity with weight change: Assessing theory-based psychosocial mediators

James J. Annesi

Wellstar School of Health and Human Service, Department of Health Promotion and Physical Education, Kennesaw State University, Kennesaw, GA 30144, USA
Young Men’s Christian Association of Metro Atlanta, Atlanta, GA 30303, USA

Received 24 January 2018; revised 30 March 2018; accepted 11 April 2018
Available online 31 August 2018

Abstract

Background: Increased physical activity and fruit and vegetable (FV) intake are typically suggested to counter obesity. Sustained behavior change in those areas has, however, been poor, possibly because of a lack of understanding of the effects of psychosocial factors. Using data from previous research, this study aimed to better define the role of physical activity and FV intake in short- and long-term weight loss via changes in malleable psychosocial mediators and moderators.

Methods: Women who were obese (n = 183; age = 50.0 ± 7.9 years; body mass index = 35.2 ± 3.2 kg/m², mean ± SD) and who previously participated in 3 different community-based behavioral weight-loss treatments were assessed over 2 years. Changes in FV intake, physical activity, self-regulation of physical activity and eating (aggregated), negative mood, and weight were measured over 6 and 24 months.

Results: Changes in each variable over both 6 and 24 months were significant (all p values < 0.001). The FV intake to the weight-related caloric intake relationship (β = −0.30, p < 0.001) was significantly mediated by self-regulation change over 6 months. The physical activity to weight-change relationship (β = −0.46, p < 0.001) was significantly mediated by both self-regulation and mood change over 24 months. Physical activity, itself, accounted for only 16% of weight-related caloric expenditure differences. Changes in physical activity and FV intake were each independent predictors of weight change over 24 months (overall R² = 0.50, p < 0.001).

Conclusion: Findings clarified theory-based targets for weight-management treatments and suggested that future weight-loss treatments strongly focus on developing self-regulatory skills to address barriers to behavioral changes.

Keywords: Fruit and vegetable; Obesity; Physical activity; Psychosocial; Weight loss

1. Introduction

The obesity epidemic is increasing internationally and has become a major public health issue.¹ In the United States, women of ages 40—59 years have an obesity rate of approximately 40%.² Behavioral (nonsurgical and nonpharmacological) treatments have typically been ineffective beyond the short term.³,⁴ Within weight-loss treatments, physical activity (PA) is typically assigned for energy-expenditure purposes. Although PA is strongly associated with sustained weight loss,⁵ concomitant energy outputs are minimal in deconditioned individuals.⁶ Although fruit and vegetable (FV) consumption has been considered a predictor of overall diet quality and energy intake,⁷ most treatments address numerous nutritional factors that might confuse, and actually be detrimental to, appropriate eating behaviors.⁸

Effects of self-regulation and mood, although not addressing the full scope of Bandura’s social cognitive theory,¹⁰ are vital aspects of the broad and well-accepted paradigm of human actions that might be associated with successful weight-loss behaviors such as PA and improved eating.¹¹ Self-regulation refers to “processes responsible for guiding individuals’ behavior toward goals or other standards”.¹² Bandura indicated that self-regulation plays a key role in individuals’ ability to successfully control their environments, especially when confronted with barriers.¹³,¹⁴ For example, it was suggested that the aforementioned association between FV consumption and overall energy intake⁹ might be mediated by...
one’s ability to use self-regulation strategies. Within the present research, mood refers to an aggregation of feelings such as anxiety, depression, fatigue, and vigor. Social cognitive theory suggests moods and feelings that are pleasant or aversive can serve as “incentives” and “disincentives”, and accordingly, influence behaviors. Although there are theories that uniquely target the effects of self-regulation (e.g., temporal self-regulation theory) and mood (e.g., mood-behavior model), the advantage of social cognitive theory is in its ability to provide both “predictive and operative tools” useful with multimodal interventions such as those incorporated within this research. Thus, methods as diverse as goal setting, recruiting social supports, self-regulating internal talk, self-regulating behavioral cues and prompts, and mood regulation can be homogeneously assimilated within a single theory.

Even minimal amounts of PA (i.e., about 3 moderate sessions/week) have been shown to benefit mood, self-regulation, and their interactions. Thus, weight reductions associated with PA and targeted dietary changes might occur through (i.e., be mediated by) associated psychosocial improvements during both phases of weight loss (typically about 6 months after initiating treatment), and through weight-loss maintenance/regain (typically assessed 12–24 months after treatment initiation and beyond). Theory is less clear whether mood change would be best tested as an additional mediator (along with self-regulation) of the long-term relationship of PA and weight change or as a moderator potentially affecting relationship between PA and self-regulation change. For example, changes in mood are proposed to affect (moderate) the development and use of self-regulatory processes. Although the importance of a richer understanding of the proposed relationships has been suggested on both theoretical and applied levels, there was a lack of interest in decomposing treatment effects to understand psychosocial correlates’ role in associated behavioral effects.

It has been proposed that because mechanisms at work during weight loss and through the period of expected regain might be different, separate analyses are warranted. Because there might be sex-specific implications related to psychosocial factors within behavioral weight-management interventions, research has supported accounting for effects associated with women and men separately. The aim of this research was to provide an improved understanding of the proposed relationships to more precisely target treatment processes and improve effects within large-scale, community-based interventions that have, so far, remained overwhelming ineffective.

Thus, the present research with women who previously participated in 3 community obesity interventions was conducted to inform both weight-loss theory and treatment. The following hypotheses addressing both the weight loss and weight-loss maintenance phases were given:

1. Over both 6 and 24 months from baseline, there will be significant treatment-associated improvements in FV intake, PA, self-regulation for weight-loss behaviors, mood, and weight.
2. During the weight-loss phase (baseline–Month 6), the caloric-intake change associated with each participant’s initial weight change will be significantly predicted by change in FV intake. Change in self-regulation will significantly mediate this relationship.
3. Through the weight-loss maintenance phase (baseline–Month 24), weight change will be significantly predicted by change in PA. Change in self-regulation and mood will significantly mediate that relationship. When instead entered as a moderator, mood change will moderate the change in PA and self-regulation relationship.
4. Only a small percentage of observed weight change (≤20%) will be attributable to PA-associated caloric expenditures.

2. Methods

2.1. Participants

Data were extracted from previous research on community-based behavioral treatments focused on personal characteristics and weight change. This research was conducted in the southeastern United States, where women volunteered to participate in methods designed to support healthy changes in eating and PA behaviors. Inclusion criteria were: age ≥21 years, body mass index (BMI) 30–40 kg/m², no present psychotropic medication use, and no present or soon-planned pregnancy. The overall age of the sample (n = 183) was 50.0 ± 7.9 years, BMI of 35.2 ± 3.2 kg/m², middle-class median income range of USD50,000–USD100,000/year, and an educational level of 31% high school, 36% college degree, and 33% beyond college. Kennesaw State University Institutional Review Board (IRB) approval was received, and a signed informed consent form that was approved by the IRB was obtained from all participants. Principles of the Helsinki Declaration were followed throughout.

2.2. Measures

The number of typical daily servings of FV, recalled over the previous month, was summed using a brief self-report survey. Serving sizes (e.g., 118 mL fruit juice, 118 mL carrots) were indicated by U.S. governmental sources. The survey demonstrated significant correspondences (r = 0.45–0.83, p < 0.001) with comprehensive food frequency recall instruments and weight change. Test–retest reliabilities over 2 weeks were 0.77–0.83.

The number of PA sessions (≥15 min) over the last week was recalled using the Leisure-Time Physical Activity Questionnaire. Activity types corresponded to metabolic equivalents (METs) —a measure of energy expenditure (MET) = (mL O₂/kg/min)—ranging from 3 METs (e.g., easy walking) to 9 METs (e.g., running), and were summed. The Leisure-Time Physical Activity Questionnaire significantly corresponded to accelerometer, weight change, and VO₂max results (r = 0.38–0.57, p < 0.001). Test–retest reliability over 2 weeks was 0.74.
To assess overall use of self-regulation skills applied to weight-management behaviors, responses to 10 items each (scored 1 = never to 5 = often) focused on PA self-regulation (e.g., “I set physical activity goals”) and eating self-regulation (e.g., “I keep a record of my eating”) were summed. The scale was based on an earlier validated instrument that was previously adapted to address the self-regulatory skills used in cognitive-behavioral treatments. In preliminary research, there was considerable cross-loading of the PA and eating item responses that justified use of the present version of an aggregated measure of self-regulatory skills use for weight-loss behaviors, overall. Internal consistencies were Cronbach's $\alpha = 0.79-0.80$. Test–retest reliabilities over 2 weeks ranged from 0.74 to 0.78. Within the present research, the Cronbach $\alpha$ value was 0.77.

To assess overall negative mood, responses (scored 0 = not at all to 4 = extremely) to the 30 items of the Profile of Mood States Short Version related to factors of tension (e.g., “uneasy”), depression (e.g., “sad”), fatigue (e.g., “worn out”), anger (e.g., “angry”), and confusion (e.g., “forgetful”) were first summed, and then the vigor (e.g., “energetic”) factor score was subtracted. This yielded a possible overall negative mood score range of $-20$ to 100. Internal consistencies across factors were Cronbach $\alpha$ values $= 0.84-0.95$. Test–retest reliability over 2 weeks was 0.69. Cronbach $\alpha$ values ranged from 0.79 to 0.87 for the present data.

Participants’ weight was measured in kg using a recently calibrated digital scale. The mean of 2 consecutive measurements was recorded after removal of heavy outer-clothing.

2.3. Procedures

Staff from community-based wellness centers administered the weight-loss treatments, each with its bases in tenets of social cognitive theory. Although each treatment focused on building self-regulatory skills and managing mood and emotional eating, 3 distinct formats were used: (a) manual-based, with phone follow-ups over 6 months, (b) biweekly group meetings (14 months), and (c) biweekly group meetings (14 months) followed by 6 brief monthly phone follow-ups. Based on Abraham and Michie’s taxonomy of behavior change techniques, the treatments each emphasized goal setting and regular reviews of goal progress, barrier identification, relapse prevention, controlling self-talk, stress management, time management, and recruiting social supports. Each treatment format indicated to participants the benefits and importance of increasing PA in forms that were individually acceptable to them and in amounts that could be well tolerated.

Measurements were taken in private areas at baseline, Month 6, and Month 24. Structured fidelity checks were completed on approximately 15% of sessions. Several minor issues with protocol compliance were easily remedied.

2.4. Data analyses

An intention-to-treat design was employed, and the 12% of missing data were imputed through the expectation-maximization algorithm under the assumption of missing at random. For the primary regression analyses, a sample size of 160 was required to detect a small-to-moderate effect of $f^2 = 0.08$ at the power level of $0.90 (\alpha < 0.05)$ Statistical significance was set at $\alpha < 0.05$ throughout, with the Bonferroni correction applied for multiple tests.

Data from the 3 treatment formats were merged for analyses. Repeated measures analysis of variance (ANOVA) were first calculated to assess changes in FV intake, PA, self-regulation, negative mood, and weight. Follow up $t$ tests assessed changes from baseline to Month 6 and baseline to Month 24, with effect sizes (0.20 = small, 0.80 = large) calculated as Cohen’s $d$ ($\text{mean}_{\text{time2}} - \text{mean}_{\text{time1}}/SD_{\text{time1}}$).

In the regression model results, the unstandardized beta value (B), its associated standard error (SEB), and standardized beta value ($\beta$) is reported. A bias-corrected and accelerated bootstrapping method incorporating 20,000 resamples was used in the mediation analysis. Specifically assessed variables in the regression equations were: (a) the mediation of the prediction of caloric intake by FV intake through self-regulation change over 6 months, (b) the mediation of the prediction of weight change by change in PA through self-regulation and mood.

![Fig. 1. Diagrams of mediation (A) and moderated-mediation (B) models incorporated.](image-url)
change over 24 months, and (c) mood change instead entered as a moderator in the preceding equation (where self-regulation change was the mediator). Because no significant effects on the assessed relationships were found based on group participation within preliminary analyses, no covariates were entered into those regression analyses. Fig. 1 is given as a guide to the (A) mediation and (B) moderated-mediation models incorporated. Significant mediation is detected when 0 is not found between the lower- and upper-limit of a 95% confidence interval.

Accepted formulas for energy expenditure (METs × kg × time (h)), weight loss (a reduction of 7700 kcal yields a reduction in weight of 1 kg), and percentage of weight change from PA (change in weight from PA/change in weight overall) were applied. Analyses were conducted using SPSS Statistics Version 22.0 (IBM Corp., Armonk, NY, USA).

3. Results

3.1. Score changes

Repeated-measure ANOVAs indicated significant overall improvements, and all planned follow-up dependent t tests also demonstrated significant improvements in FV intake, PA, self-regulation, negative mood, and weight over both 6 and 24 months (Table 1).

3.2. Effects of FV intake

The caloric-intake change associated with the observed weight change over 6 months was significantly predicted by 6-month change in FV intake (B = −1610.65, SE_β = 386.11, β = −0.30, p < 0.001). However, the FV change—caloric change relationship was no longer significant after change in self-regulation was entered as the mediator (model \( R^2 = 0.28, p < 0.001 \); Table 2, Type 1).

3.3. Effects of PA

In a bivariate analysis, weight change over 24 months was significantly predicted by change in PA (B = −0.20, SE_β = 0.03, β = −0.046, p < 0.001). In a separate equation, change in both self-regulation and mood uniquely mediated that relationship at the accepted level of significance (model \( R^2 = 0.33, p < 0.001 \); Table 2, Type 2a/2b). When entered instead as a moderator, change in mood significantly moderated the PA—self-regulation change relationship (model \( R^2 = 0.31, p < 0.001 \); Table 2, Type 3). Of the observed weight change, only 16% was attributable to caloric expenditures.

3.4. Post hoc analyses

In post hoc tests where the completion of a mean of \( \geq15 \) METs/week of PA (≈3 moderate sessions/week) (coded 0 = no, 1 = yes) was entered in place of PA change, the linear bivariate relationship (B = −2.40, SE_β = 1.09, \( \beta = −0.16, p = 0.029 \)) and results of the multiple-mediation and moderated-mediation equations, were similar (Table 2, Type 4a/4b and Type 5).

Both changes in FV intake (B = −1.66, SE_β = 0.53, \( \beta = −0.22, p = 0.002 \)) and PA (B = −0.35, SE_β = 0.07, \( \beta = −0.36, p < 0.001 \)) significantly contributed to the prediction of weight change over 24 months (model \( R^2 = 0.50, p < 0.001 \)).

4. Discussion

The results clarified the foci for community-based weight-management interventions. Based on the significant association between changes in FV intake and overall kcal intake (mediated by self-regulation change), FV consumption was supported as a proxy for the overall diet, and thus should be specifically emphasized. Based on an even more robust association, PA (even as minimal as 3 sessions/week) was upheld as a strong predictor of longer-term (i.e., 2 years) weight loss. Its direct impact on overall kcal expenditure was, however, minimal. Indirect effects of the PA—weight-loss relationship through the psychosocial variables of self-regulation and improved mood were substantiated. Thus, attention to moderate PA is also warranted for reasons well beyond its associated energy expenditures. Additional research is required to further clarify psychosocial mechanisms.

Most behavioral weight-loss treatments seek to inform individuals of a plethora of (often extraneous) nutritional details. They have had especially poor effects. PA and exercise is often incorporated in a haphazard, “more is better” manner without purposefully leveraging its proven psychological benefits. This can overtax individuals into poor adherence, and

| Table 1 |
| --- |
| Changes in study variables (n = 183) (mean ± SD). |

| | Baseline | Month 6 | Change from baseline to Month 6 | t_{182} | p | d | Month 24 | Change from baseline to Month 24 | t_{182} | p | d |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FV servings (day) | 3.67 ± 1.77 | 5.54 ± 2.22 | 1.87 ± 2.16 | 11.74 | <0.001 | 0.88 | 5.41 ± 2.06 | 1.74 ± 2.04 | 11.54 | <0.001 | 0.81 |
| Physical activity (METs/week) | 7.68 ± 7.54 | 30.64 ± 17.46 | 22.96 ± 17.46 | 17.80 | <0.001 | 3.05 | 25.78 ± 15.69 | 18.10 ± 15.70 | 15.59 | <0.001 | 2.40 |
| Self-regulation | 44.52 ± 10.90 | 61.54 ± 10.97 | 17.02 ± 12.99 | 17.73 | <0.001 | 1.56 | 58.04 ± 12.41 | 13.52 ± 14.69 | 12.45 | <0.001 | 1.24 |
| Negative mood | 23.15 ± 14.36 | — | — | — | — | — | 9.56 ± 13.46 | −13.60 ± 14.67 | 15.74 | <0.001 | 0.95 |
| Weight (kg) | 95.07 ± 11.43 | — | — | — | — | — | 91.01 ± 12.60 | −4.06 ± 0.68 | 5.06 | <0.001 | 0.36 |

Notes: All tabled analyses are planned follow-ups from overall significant repeated measures ANOVAs (p < 0.001): FV intake/day (F(1,182) = 133.08); physical activity (F(1,182) = 243.18); self-regulation (F(1,182) = 155.03); negative mood (F(1,182) = 157.16); weight (F(1,182) = 63.42); d = Cohen’s d effect size (\( \text{mean}_2 - \text{mean}_1 / \sigma_1 \)). Abbreviations: ANOVA = analysis of variance; FV = fruit/vegetable; MET = metabolic equivalent.
### Table 2
Results of mediation, multiple mediation, and moderated-mediation analyses (n = 183).

| Path | Type 1 | Type 2a | Type 2b | Type 3 | Type 4a | Type 4b | Type 5 |
|------|--------|---------|---------|--------|---------|---------|--------|
| B    | 2.59   | 0.54    | -0.31   | 0.35   | 4.45    | -3.26   | -1.33  |
| SE _B_ | 0.40   | 0.06    | 0.07    | 0.08   | 2.34    | 0.28    | 0.14   |
| _p_ | < 0.001 | < 0.001 | < 0.001 | 0.004  | < 0.001 | < 0.001 | < 0.001 |
| Path | B = Path _a_ predict mediator; Path _a_ = predictor → mediator; Path _a_ = mod. mediator → mediator; Path _a_ = Path _a_ × Path _a_ |
| Path | B = mediator → outcome; Path _c_ = predictor → outcome, after controlling for the mediator; SE _B_ = associated standard error. |

Notes: Regression models represented were mediation (Type 1), multiple-mediation (Type 2a and 2b), and moderated-mediation (Type 3). Post hoc analyses incorporated multiple mediation (Type 4a and 4b) and moderated-mediation (Type 5). Each was based on a bootstrapping procedure that incorporated 20,000 resamples of the data. Predictor, mediator, and outcome variables for equations designated in this table as Types 1–5 are as follows: Type 1 = FV change baseline – Month 6, self-regulation change baseline – Month 6, food calorie change baseline – Month 6. Type 2a = PA change baseline – Month 24, self-regulation change baseline – Month 6, weight change baseline – Month 24. Type 2b = PA change baseline – Month 24, negative mood change baseline – Month 24, self-regulation change baseline – Month 24, weight change baseline – Month 24 (moderator = negative mood change baseline – Month 24). Type 3 = PA change baseline – Month 24, self-regulation change baseline – Month 24, weight change baseline – Month 24, weight change baseline – Month 24 (moderator = negative mood change baseline – Month 24). Type 4a = PA ≥ 15 METs/week, self-regulation change baseline – Month 24, weight change baseline – Month 24. Type 4b = PA ≥ 15 METs/week, negative mood change baseline – Month 24, weight change baseline – Month 24. Type 5 = PA ≥ 15 METs/week, self-regulation change baseline – Month 24, weight change baseline – Month 24 (moderator = negative mood change baseline – Month 24). Within a 95% CI, significance is detected when 0 is not found between its lower limit and upper limit.

Abbreviations: B = unstandardized _b_ value; _b_ = standardized _b_; CI = confidence interval; PA = physical activity; Path _a_ = predictor → mediator; Path _a_ = mod. mediator → mediator; Path _a_ = Path _a_ × Path _a_; Path _b_ = mediator → outcome; Path _c_ = predictor → outcome, after controlling for the mediator; SE _B_ = associated standard error.
5. Fogelholm M, Kukkomen-Harjula K. Does physical activity prevent weight gain—a systematic review. *Obes Rev* 2000;1:95–111.

6. Svetkey LP, Stevens VJ, Brantley PJ, Appel LJ, Hollis JF, Loria CM, et al. Comparison of strategies for sustaining weight loss. *JAMA* 2008;299:1139–48.

7. Donnelly JE, Blair SN, Jakicic JM, Manore MM, Rankin JW, Smith BK, et al. Appropriate physical activity intervention strategies for weight loss and prevention of weight gain for adults. *Med Sci Sports Exerc* 2009;41:459–71.

8. Aljadan HM, Patterson A, Sibbritt D, Hutchesson MJ, Jensen ME, Collins CE. Diet quality, measured by fruit and vegetable intake, predicts weight change in young women. *J Obes* 2013;2013: 525161. doi:10.1155/2013/525161.

9. Abusabha R, Peacock J, Ahcterberg C. How to make nutrition education more meaningful through facilitated group discussions. *J Am Diet Assoc* 1999;99:72–6.

10. Bandura A. *Self-efficacy: the exercise of control*. New York, NY: W. H. Freeman & Co; 1997.

11. Baker CW, Brownell KD. Physical activity and maintenance of weight loss: physiological and psychological mechanisms. In: Bouchard C, editor. *Physical activity and obesity*. Champaign, IL: Human Kinetics; 2000. p. 311–28.

12. Converse PD, DeShon RP. A tale of two tasks: reversing the self-regulatory resource depletion effect. *J Appl Psychol* 2009;94:1318–24.

13. Bandura A. The primacy of self-regulation in health promotion. *Appl Physiol 2005;54:245–54.*

14. Bandura A. Social cognitive theory of self-regulation. *Organizational Behavior and Human Decision Processes* 1991;50:248–87.

15. McCue C, Jerome GJ, Marquez DX, Elavsky S, Blisnner B. Exercise self-efficacy in older adults: social, affective, and behavioral influences. *Ann Behav Med* 2003;25:1–7.

16. Hall PA, Fong GT. Temporal self-regulation theory: a model for individual behavior. *Health Psychol Rev* 2007;1:6–25.

17. Gendolla GHE. On the impact of mood on behavior: an integrative theory and a review. *Rev Gen Psychol* 2000;4:378–408.

18. Annesi JJ, Tennant GA. Generalization of theory-based predictions for improved nutrition and weight loss to adults with morbid obesity: implications of initiating exercise. *International J Clin Health Psychol* 2014;14:1–8.

19. MacLean PS, Wing RR, Davidson T, Epstein L, Goodpaster B, Hall KD, et al. NIH working group report: innovative research to improve maintenance of weight loss. *Obesity* 2015;23:7–15.

20. Gendolla GHE, Brinkman K. The role of mood states in self-regulation: effects on action preferences and resource mobilization. *Eur Psychol* 2005;10:187–98.

21. Baranowski T. Advances in basic behavioral research will make the most contributions to effective dietary change programs at this time. *J Am Diet Assoc* 2006;106:808–11.

22. Baranowski T, Lin LS, Wetter DW, Resnicow K, Hearn MD. Theory as mediating variables: why aren’t community interventions working as desired. *Ann Epidemiol* 1997;7(Suppl. 7):S89–95.

23. Annesi JJ, Johnson PH, Tennant GA, Porter KJ, McEwen KL. Weight loss and the prevention of weight regain: evaluation of a treatment model of exercise self-regulation generalizing to controlled eating. *Perm J* 2016;20:8–17.

24. Annesi JJ. Physical activity in the treatment of obesity: a marker of psychosocial predictors of controlled eating, or facilitator of their improvements in women with differing body images. *Minerva Psichiatria* 2017;53:144–55.

25. U.S. Department of Agriculture. *Myplate and historical food pyramid resources*. Beltsville, MD: National Agricultural Library; 2017.

26. U.S. Department of Health and Human Services. *Dietary guidelines for Americans 2015—2020*. 8th ed. Rockville, MD: Office of Disease Prevention and Health Promotion; 2015.

27. Block G, Hartman AM, Dresser CM, Carroll MD, Gannon J, Gardner L. A data-based approach to diet questionnaire design and testing. *Am J Epidemiol* 1986;124:453–69.

28. Mares-Perlman JA, Klein BEK, Klein R, Ritter LL, Fisher MR, Freudenheim JL. A diet history questionnaire ranks nutrient intakes in middle-aged and older men and women similarly to multiple food records. *J Nutr* 1993;123:489–501.

29. Annesi JJ. Supported exercise improves controlled eating and weight through its effects on psychosocial factors: extending a systematic research program toward treatment development. *Perm J* 2012;16:7–18.

30. Amireault S, Godin G, Lacombe J, Sabiston CM. The use of the Godin-Shephard Leisure-Time Physical Activity Questionnaire in oncology research: a systematic review. *BMJ Med Res Methodol* 2015;15:60. doi:10.1186/s12874-015-0045-7.

31. Jetté M, Sidney K, Blumenchen G. Metabolic equivalents (METs) in exercise testing, exercise prescription and evaluation of functional capacity. *Clin Cardiol* 1990;13:555–65.

32. Pereira MA, Fitzgerald SJ, Gregg EW, Joswiak ML, Ryan WJ, Suminski RR, et al. A collection of physical activity questionnaires for health-related research. *Med Sci Sports Exerc* 1997;29(Suppl. 6):S1–205.

33. Jacobs DR, Ainsworth BE, Hartman TJ, Leon AS. A simultaneous evaluation of 10 commonly used physical activity questionnaires. *Med Sci Sports Exerc* 1993;25:81–91.

34. Godin G, Shephard RJ. A simple method to assess exercise behavior in the community. *Can J Appl Sci* 1985;10:141–6.

35. Saelens BE, Gehrmann CA, Sallis JF, Calfas KJ, Sarkin JA, Caparosa S. Use of self-management strategies in a 2-year cognitive-behavioral intervention to promote physical activity. *Behav Ther* 2000;31:365–79.

36. Annesi JJ, Marti CN. Path analysis of cognitive-behavioral exercise treatment-induced changes in psychological factors leading to weight loss. *Psychol Health* 2011;26:1081–98.

37. McNair DM, Heuchert JWP. *Profile of Mood States technical update*. North Tonawanda, NY: Multi-Health Systems; 2009.

38. Brownell KD. The LEARN program for weight management. 10th ed. Dallas, TX: American Health; 2004.

39. Abraham C, Michie S. Taxonomy of behavior change techniques used in interventions. *Health Psychol* 2008;27:379–87.

40. Cohen J, Cohen P, West SG, Aiken LS. *Applied multiple regression/correlation analysis for the behavioral sciences*. 3rd ed. Mahwah, NJ: Lawrence Erlbaum; 2003.

41. Preacher KJ, Hayes AF. Asymptotic and resampling strategies for assessing and comparing indirect effects in multiple mediator models. *Behav Res Methods* 2008;40:879–91.

42. Hayes AF. Introduction to mediation, moderation, and conditional process analysis: a regression-based approach. *J Educ Meas* 2013;51:335–7.

43. Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc* 2000;32(Suppl. 9):S498–504.

44. Hall KD. What is the required energy deficit per unit weight loss. *Int J Obes* 2008;32:573–6.

45. Landers DM, Arent SM. Physical activity and mental health. In: Singer RN, Hausenblas HA, Janelle CM, editors. *Handbook of research on sport psychology*. 2nd ed. New York, NY: Wiley; 2001.p.740–65.

46. Trost SG, Owen N, Bauman AE, Sallis JF, Brown W. Correlates of adults’ participation in physical activity: review and update. *Med Sci Sports Exerc* 2002;34:1996–2001.

47. Baranowski T, Ciner E, Baranowski J. Steps in the design, development and formative evaluation of obesity prevention-related behavior change trials. *Int J Behav Nutr Phys Act* 2009;6:6. doi:10.1186/1479-5868-6-6.