

Supplementary Materials: Regional Differences in Correlates of Daily Walking among Middle Age and Older Australian Rural Adults: Implications for Health Promotion

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Table S1. Individual items and factors (including Cronbach α 's) from the physical activity correlates questionnaire.

Questionnaire Item	Factors	Response Option	Cronbach α
Demographic			
Education	What is the highest level of education you have completed?	Never attended school; Some primary school; Completed primary school; Some high school; Completed high school; Trade or trade certificate or diploma; University or tertiary institute degree; Higher University degree (e.g., Postgraduate diploma, Masters, PhD)	n/a
Work Status	Which of the following best describes your main daily activities and/or responsibilities?	Employed full-time; Employed part-time; Self-employed; Unemployed; Home/duties and/or raising children full-time; Student; Retired; Unable to work; Don't know/unsure	n/a
Marital status	Which of the following best describes your current marital status?	Married; Living with a partner; Separated; Divorced; Widowed; Never married; Don't know/unsure	n/a
Income	Which of the following best describes how you manage on the income you have available?	It is impossible; It is difficult all the time; It is difficult some of the time; It is not too bad; It is easy; Don't know/unsure	n/a
Biological			
General health	What would you say is your general health?	Poor; Fair; Good; Very good; Excellent	n/a
Psychological			
Motivation [29]	<p>I'm good at keeping promises, especially the ones I make to myself.</p> <p>When I take on a difficult job, I make a point of sticking with it until it's completed.</p> <p>I have a lot of self-motivation.</p> <p>I'm good at making decisions and standing by them.</p> <p>I work harder than most of my friends.</p> <p>Sometimes I push myself harder than I should.</p> <p>I like to take on jobs that challenge me.</p> <p>Whenever I reach a goal, I set a higher one.</p> <p>I can persist in spite of failure.</p> <p>I have a strong desire to achieve.</p>	Very unlike me; Unlike me; Neither like or unlike me; Somewhat like me; Very much like me	0.75

Table S1. Cont.

Questionnaire Item	Factors	Response Option	Cronbach α
Barriers self-efficacy [30]	<p><i>How confident are you that you could do the following if you wanted to:</i></p> <p><i>Go for a walk for exercise regularly for the next 6 months;</i></p> <p><i>Be physically active in your leisure time even when tired;</i></p> <p><i>Be physically active in your leisure time even when in a bad mood;</i></p> <p><i>Be physically active in your leisure time even when you feel you don't have time;</i></p> <p><i>Be physically active in your leisure time even if you have no one to be active with.</i></p>	Not at all confident; Somewhat confident; Moderately confident; Very confident; Completely confident	0.80
Relapse self-efficacy [31]	<p><i>If I have started to do physical activity regularly, I am confident that I can maintain it, even if I don't see immediate results.</i></p> <p><i>I am confident that I am able to resume regular physical activities, even if I had failed to maintain them a couple of times.</i></p> <p><i>I am confident that I can resume my physical activity, even when feeling weak after an illness.</i></p> <p><i>If I have started to do physical activity regularly, I am confident that I can maintain it, even if I don't see immediate results.</i></p>	Not at all confident; Somewhat confident; Moderately confident; Very confident; Completely confident	0.93
Health beliefs [32]	No factor formed		n/a
Already active	<i>I am doing sufficient regular exercise for good health.</i>	Strongly disagree; Somewhat disagree; Neutral; Somewhat agree; Strongly agree	
Bullet-proof	<i>I take the attitude that I am "bullet-proof", so there is no need to look after my health.</i>		
Need a health scare	<i>I need a health scare before I am inclined to change my exercise behaviour.</i>		
Physical activity Important	<i>Being physically active for my health is important to me.</i>		

Table S1. Cont.

Questionnaire Item	Factors	Response Option	Cronbach α
Social			
Need for support [33]	<i>If I had someone like a friend or family member to exercise with, chances are that I would exercise more.</i>	Strongly disagree; Somewhat disagree; Neutral; Somewhat agree; Strongly agree	0.82
	<i>I would maintain my regular exercise if my friends encouraged me to exercise.</i>		
	<i>I will maintain my regular exercise if my friends encourage me to exercise.</i>		
Others active	<i>A lot of people in my neighbourhood are physically active.</i>	Strongly disagree; Somewhat disagree; Neutral; Somewhat agree; Strongly agree	n/a
Environmental			
Walkability [34]	<i>Many shops, stores, markets or other places to buy things I need are within easy walking distance.</i>	Strongly disagree; Somewhat disagree; Neutral; Somewhat agree; Strongly agree	0.88
	<i>There are footpaths on most of the streets in my neighbourhood.</i>		
	<i>My neighbourhood offers many opportunities to be physically active.</i>		
	<i>My neighbourhood has several free or low cost recreational facilities, such as parks, walking trails, bike paths, recreation centres, playgrounds, public swimming pools.</i>		
	<i>There are many interesting things to look at while walking in my neighbourhood.</i>		
Pleasant community [33]	<i>There are many places to be physically active in my community not including streets (e.g., parks, trails, playgrounds)</i>	Very pleasant; Somewhat pleasant; Not very pleasant; Not at all pleasant	n/a
	<i>Overall, how would you rate your community as a place to be physically active?</i>		
Neighbourhood risk [35]	<i>The crime rate in my neighbourhood makes it difficult or unpleasant to go on walks at nights.</i>	Strongly disagree; Somewhat disagree; Neutral; Somewhat agree; Strongly agree	0.71
	<i>Traffic on the streets or roads that it makes it difficult or unpleasant to walk in my neighbourhood.</i>		

