Synergistic Effects of Planning and Self-Efficacy on Physical Activity
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1. Planning has been specified as a mediator between
   a) Physical activity and self-efficacy
   b) Intention and self-efficacy
   c) Baseline activity and Time 2 activity
   d) Intention and Time 2 physical activity

2. In the chosen model of analysis, self-efficacy is supposed to operate
   a) As a mediator
   b) As a moderator
   c) As a predictor
   d) As an outcome

3. Postintentional variables are assumed to
   a) Bridge the intention-behavior gap
   b) Develop higher levels of motivation
   c) Increase self-efficacy
   d) Correct for self-report bias

4. The correlation between self-efficacy and planning is
   a) .44
   b) .34
   c) .35
   d) .37
5. The research design of the present study is
   a) Cross-sectional
   b) Longitudinal
   c) Experimental
   d) Qualitative

6. The data were assessed
   a) Online
   b) In a face-to-face interview
   c) At a university
   d) By a doctor

7. People are the most likely to translate their good intentions into physical activity when they
   a) Are informed about the risks of a sedentary lifestyle
   b) Have positive outcome expectations regarding physical activity
   c) Plan when, where, and how to perform the desired physical activity
   d) When they have an intention to be physically active

8) Most participants were
   a) Single
   b) Female
   c) Students
   d) Poorly educated

9) The Johnson-Neyman Technique
   a) Tests the significance of the total effect within the observed range of values of the mediator
   b) Tests the significance of the direct effect within the observed range of values of the moderator
   c) Tests the significance of the direct effect within the observed range of values of the mediator
   d) Tests the significance of the indirect effect within the observed range of values of the moderator

10) The mediation was
    a) Partial
    b) Sequential
    c) Multiple
    d) Full