

**METHODS:** A link to an electronic survey that included a demographics questionnaire, a TPB questionnaire, and the Godin Leisure-Time Exercise Questionnaire (GLTEQ) was distributed through several social media outlets during an 8-week period. The TPB questionnaire used 7-point Likert-type scales to measure attitude, subjective norm, perceived behavioral control (PBC), and intention. The GLTEQ assessed weekly frequency of moderate and vigorous physical activity.

**RESULTS:** Although 48 adults consented to participate in the research, only 23 adults ( $M_{\text{age}} = 56.18$ ,  $SD = 11.41$ ;  $M_{\text{BMI}} = 29.55$ ,  $SD = 7.65$ ; 56.5% male; 78.3% White) reported having type 2 diabetes and provided complete survey data. Two hierarchical regression analyses with forced entry within each block were used to examine the predictors of physical activity intention and behavior. The final model that included attitude, subjective norm, and PBC explained 60.0% of the variance in intention, but PBC was the only significant predictor ( $\beta = .73$ ;  $p < .001$ ). For the prediction of physical activity, the model that included only intention ( $\beta = .45$ ;  $p = .03$ ) accounted for 20.5% of the variance. The addition of PBC did not add a significant amount of explained variance and was not a significant predictor of physical activity.

**CONCLUSION:** These results are similar to previous research and suggest that the TPB is useful for understanding the physical activity intention and behavior of adults with type 2 diabetes. Further research with larger and more diverse samples are needed to inform intervention design.

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2021 Board #34 June 1 2:00 PM - 3:30 PM  
Processes Of Change Used To Fulfill With The Recommendations Of Healthy Practice Of Acsm

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The stages and processes of change of the Transtheoretical Model have been used to design programs that facilitate exercise adherence. The stages that explain when people change refer to pre-contemplation (PC = inactive without any intention to change), contemplation (C = inactive with intention to change), preparation (P = active but not fulfilling the recommendations of the American College of Sports Medicine [ACSM]), action (A = has complied with the recommendations of the ACSM but for less than six months) and maintenance (M = has complied with the recommendations ACSM for more than six months). The processes that explain how this change occurs are divided into cognitive processes (CP), implying thoughts, attitudes and awareness, and behavioral processes (BP), which involve actions. This model suggests that the effectiveness of the change depends on doing the right things (processes) at the right moment (stage).

**PURPOSE:** To analyze which processes are the most used in the stages to fulfill ACSM recommendations for regular exercise.

**METHODS:** A total of 533 participants (48% female and 51.8% male) aged 11 to 76 ( $M = 33.22 \pm 15.27$ ) took part in the study. The Spanish version of the stages of change questionnaire (SCQ) and the processes of change questionnaire for physical activity (PCQ) were used to collect the data.

**RESULTS:** The internal consistency of the subscales CP ( $\alpha = .90$ ) and BP ( $\alpha = .92$ ) were satisfactory. Results of One-Way ANOVA revealed significant differences in CP ( $F_{(4,525)} = 27.707$ ,  $p < .001$ ) and BP ( $F_{(4,525)} = 45.580$ ,  $p < .001$ ) at different stages. Tukey HSD post hoc test indicated that participants in C, P, and A stages used cognitive processes more than those in PC. In addition, those in M were found to have a higher use of cognitive processes than participants in C and PC. Moreover, participants in C, P, and A used more behavioral processes than those in PC. Also, participants in M used behavioral process more than participants from any other stage.

**CONCLUSION:** The use of CP and BP are essential in order to advance from lower stages up to M. However, the use of CP was higher in C, whereas BP was employed the most in M.

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An Integrative Perspective of Validating a Simplified Chinese Version Behavioral Regulation in Exercise Questionnaire-2  
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**PURPOSE:** The Behavioral Regulation in Exercise Questionnaire (BREQ)-2 is an instrument designed to assess individuals' motivation in physical activity (PA) participation. The BREQ-2 aims to measure five motivation constructs including external, introjected, identified, intrinsic, and amotivation. Although BREQ-2 has been frequently used in PA motivation studies, the validation test of the Chinese version of the BREQ-2 (C-BREQ-2) has rarely been conducted. The study aims to examine psychometric property, measurement invariance, latent mean difference, as well as predictive validity of a C-BREQ-2.

**METHODS:** Participants were middle and high school students recruited from Shanghai, China. The final sample ( $N = 437$ , 49% for boys) was randomly split into two subsamples with the first subsample ( $N = 208$ ) was used for exploratory factor analysis (EFA) and the second subsample ( $N = 229$ ) used for confirmatory factor analysis (CFA). Measurement invariance and latent mean difference across gender was examined. Structural equation modeling (SEM) was utilized to explore different motivation constructs in predicting adolescents' moderate to vigorous physical activity (MVPA).

**RESULTS:** Both EFA and CFA tests identified a 14-item, three-factor (i.e., autonomous motivation, introjected motivation, and external motivation) model. Both convergent and discriminant validity tests of the scale were met. Additionally, the revised scale is invariant at both configural, full metric, and full scalar levels across genders. The following latent mean comparison revealed that boys perceived higher introjected regulation than girls. Finally, only introjected regulation significantly and positively predicted adolescents' MVPA.

**CONCLUSIONS:** The revised C-BREQ-2 seems to be a validated scale. Researchers can use this scale to better understand Chinese adolescents' motivation towards PA.

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Behavioral Processes For Healthy Exercise According To The ACSM Through The Stages of Change  
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The stages and process of change are two key constructs in modifying risk behaviors according to Transtheoretical Model. The stages involve pre-contemplation (PC = inactive without any intention to change), contemplation (C = inactive with intention to change), preparation (P = active but not fulfilling the recommendations of the American College of Sports Medicine [ACSM]), action (A = has complied with the recommendations of the ACSM but for less than six months) and maintenance (M = has complied with the recommendations ACSM for more than six months). Meanwhile, the behavioral processes (BP) involve Substituting Alternatives (SA), Enlisting Social Support (ESS), Rewarding Yourself (RY), Committing Yourself (CY), Reminding Yourself (RY).

**PURPOSE:** To analyze what behavioral processes are most commonly used in the different stages to fulfill the recommendations of healthy exercise of the ACSM.

**METHODS:** A total of 533 subjects (48% female and 51.8% male;  $33.22 \pm 15.27$ ; range = 11-76). A translation into Spanish spoken in Mexico of the stages of change questionnaire and questions related to behavioral processes belonging to the questionnaire process of change for physical activity were used.