

Health Promotion Model
Psychometric Properties of Sample Instruments

<u>Instrument</u>	<u>Test-Retest Reliability</u>	<u>Cronbach's Alpha</u>
Benefits of Action	.86	.75 - .88
Barriers to Action	.75	.75 - .84
Exercise Benefits/Barriers Scale (2 weeks – T/RT)	.89 (total instrument) .89 (benefits scale) .77 (barriers scale)	.95 (total instrument) .95 (benefits scale) .86 (barriers scale)
Task Efficacy (Treadmill Walking) (5-7 days – T-RT) (Cronbach's alpha not calculated due to structure of scale)	.90	
Self-Regulator Efficacy (5-7 days – T-RT)	.77	.87
Exercise Norms Scale (Cronbach's alpha not calculated due to structure of scale)	.76	
Exercise Role Model Scale (Cronbach's alpha not calculated due to structure of scale)	.84	
Exercise Social Support Scale (Cronbach's alpha not calculated due to structure of scale)	.82	
Situational Influences on Exercise (Cronbach's alpha not calculated due to structure of scale)	.72 Kuder-Richardson	
Commitment to Plan for Exercise (2 wk – T-RT)	.90	.82
Adolescent Preference Profile (5-7 days – T-RT)	.90	.78