

## Definition of Terms

**Action Control** – The translation of intentions into actual behavior. The term was first used by Kuhl (1984).

**Action Control Adoption** – The translation of intentions into behavior for individuals with very limited prior experience performing the behaviour in a given context.

**Action Control Framework** – The centerpiece structure of the M-PAC Model, based on the initial work of Orbell and Sheeran (1998). In the action control framework, intention and subsequent behavior are divided into quadrants by the criterion of a behavior at public health/use guidelines. This creates four possible quadrants for the intention-behavior relationship including two concordant (*nonintenders* who are subsequently not active; *successful intenders* who are subsequently active) and two discordant (nonintenders who are subsequently active; *unsuccessful intenders* who failed to enact their positive intentions) profiles.

**Action Control Maintenance** – The translation of intentions into behavior for individuals with past experience performing the behavior within the same context.

**Affective Judgment** - judgments about the overall pleasure/displeasure, enjoyment, and feeling states expected from enacting physical activity (Rhodes, Fiala, & Conner, 2009). The construct is an umbrella term that encompasses measures of affective attitude (Ajzen, 2006), enjoyment, and intrinsic motivation (Deci & Ryan, 1985).

**Behavioral Continuation** – The continued process of patterned behavioral engagement without relapse.

**Behavioral Regulation** – The strategies employed by an individual to facilitate action control. These can include behaviors (scheduling, monitoring) or cognitions (self-talk, selective attention, shunting) .

**Habit** - the process by which a person's behavior is influenced from a prompt to act based on well-learned associations between cues and behaviors (Gardner, 2015; Verplanken, 2006).

**Identity** – The association of an individual with a particular role through the process of self-categorization (i.e., exerciser) and the standards associated with that role (Stets & Burke, 2000)

**Intention Formation** – The mental decision to enact a behavior at a circumscribed level (Rhodes & Rebar, 2017).

**Instrumental Outcome Expectations** – The expected consequences from a behavioral action. The construct is identical to the construct of the same name in social cognitive theory (Bandura, 1977) and conceptually similar to instrumental attitudes (Ajzen, 2006).

**Perceived Capability** – perceptions of physical and mental ability, capacity, or competence to perform a specific circumscribed behavior independent of motivation to perform the behavior (Williams & Rhodes, 2014).

**Perceived Opportunity** – An assessment of the time and access demands of the behavior against the backdrop of competing responsibilities (Rhodes, Blanchard, & Matheson, 2006). The construct represents a circumscribed form of perceived behavioural control (Ajzen, 1991) and barrier self-efficacy (Marcus, Selby, Niaura, & Rossi, 1992; Sallis, Pinski, & Grossman, 1988).

#### References

- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, 50, 179-211.
- Ajzen, I. (2006). Constructing a theory of planned behavior questionnaire. <http://people.umass.edu/aizen/pdf/tpb.measurement.pdf>
- Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84, 191-215.
- Deci, E. L., & Ryan, R. M. (1985). *Intrinsic motivation and self-determination in human behavior*. New York: Plenum Press.
- Gardner, B. (2015). A review and analysis of the use of ‘habit’ in understanding, predicting and influencing health-related behaviour. *Health Psychology Review*, 9, 277-295. doi: 10.1080/17437199.2013.876238
- Kuhl, J. (1984). Motivational aspects of achievement motivation and learned helplessness: Towards a comprehensive theory of action control. In B. A. Maher & W. B. Maher (Eds.), *Progress in Experimental Personality Research* (Vol. 13, pp. 99-171). New York: Academic Press.
- Marcus, B. H., Selby, V. C., Niaura, R. S., & Rossi, J. S. (1992). Self-efficacy and the stages of exercise behavior change. *Research Quarterly for Exercise and Sport*, 63, 60-66.
- Orbell, S., & Sheeran, P. (1998). Inclined abstainers': A problem for predicting health related behaviour. *British Journal of Social Psychology*, 37, 151-165.
- Rhodes, R. E., Blanchard, C. M., & Matheson, D. H. (2006). A multi-component model of the theory of planned behavior. *British Journal of Health Psychology*, 11, 119-137.
- Rhodes, R. E., Fiala, B., & Conner, M. (2009). Affective judgments and physical activity: A review and meta-analysis. *Annals of Behavioral Medicine*, 38, 180-204.
- Rhodes, R. E., & Rebar, A. (2017). Conceptualizing and defining the intention construct for future physical activity research. *Exercise and Sports Sciences Reviews*, 45, 209-216.
- Sallis, J. F., Pinski, R. B., & Grossman, R. M. (1988). The development of self-efficacy scales for health-related diet and exercise behaviors. *Health Education Research*, 3, 283-292.
- Stets, J. E., & Burke, P. J. (2000). Identity theory and social identity theory. *Social Psychology Quarterly*, 63, 224-237.
- Verplanken, B. (2006). Beyond frequency: Habit as a mental construct. *British Journal of Social Psychology*, 45, 639-656.
- Williams, D. M., & Rhodes, R. E. (2014). The confounded self-efficacy construct: Review, conceptual analysis, and recommendations for future research. *Health Psychology Review*, 9, 1-16.

