

Table 1 Distribution of participants by age and sex across the 5 stages of behavioural change

| Group       | No.  | Pre-<br>contemplation<br>% | Contemplation<br>% | Preparation<br>% | Action<br>% | Maintenance<br>% |
|-------------|------|----------------------------|--------------------|------------------|-------------|------------------|
| Sex         |      |                            |                    |                  |             |                  |
| Female      | 558  | 14.2                       | 21.1               | 28.9             | 14.9        | 21.0             |
| Male        | 515  | 10.1                       | 13.0               | 15.5             | 23.1        | 38.3             |
| Age (years) |      |                            |                    |                  |             |                  |
| 12–14       | 586  | 13.8                       | 15.0               | 16.6             | 21.3        | 33.3             |
| 15–17       | 487  | 10.3                       | 19.9               | 29.6             | 15.8        | 24.4             |
| Total       | 1073 | 12.2                       | 17.2               | 22.5             | 18.8        | 29.3             |