Table 3 Multiple discriminant analysis to predict stage of exercise behaviour change for the total sample (n = 1073)

Psychosocial factors/ physical activity	Structure coefficient			
	Discriminant function 1[a]	Discriminant function 2[b]	Discriminant function 3[c]	Discriminant function 4[d]
Psychosocial factors				
Self-efficacy	0.786*	0.361	−0.001	−0.494
Social support	0.262*	−0.167	−0.149	−0.197
Enjoyment of physical activity	0.309	−0.324***	−0.144	−0.235
Perceived barriers	−0.486	0.488	0.671**	0.266
Preferences	−0.229***	0.162	0.100	0.130
Perceived benefits	0.412	−0.632***	0.411	−0.395
Planning	0.288***	−0.206	−0.142	−0.174
Interpersonal norms	0.226	−0.171	−0.120	−0.234***
Exposure to model	−0.218***	0.000	−0.190	−0.164***
Physical activity (min per day)	0.516	−0.131	−0.164	0.830***

[a]Discriminant function 1 was statistically significant and accounted for 94.1% of between-group variability. [b]Discriminant function 2 was statistically significant and accounted for 5.5% of between-group variability. [c]Discriminant function 3 was statistically significant and accounted for 4% of between-group variability. [d]Discriminant function 4 was not statistically significant.
***$P < 0.001$ between function and variable; **$P < 0.01$ between function and variable.