Title: Predicting physical activity among Iranian College Students based on the Transtheoretical Model using path analysis

Abstract: Introduction: Despite the many benefits of exercise behavior, physical inactivity is a global health issue. Evaluating the efficacy of behavior change models and identifying the factors that influence physical activity in various populations is clearly a research priority. The Transtheoretical Model (TTM) is a dynamic approach to understanding exercise and physical activity behavior.

Objective: The purpose of this study was to determine the efficacy of the TTM to predict exercise behavior in a sample of Iranian college students.

Methods: This study is a cross-sectional study. Participants were 418 first year students of Guilan University of Medical Sciences who completed Iranian versions of the TTM and physical activity questionnaires. Data were analyzed using bivariate correlation and path analysis.

Results: In the final model, the processes of change (behavioral strategy), self-efficacy in exercise and pros were 0.54, 0.20 and -0.11 had path coefficient respectively with stage of change as a mediator. This mediator accounted for 62% of the variance in current physical activity. The model accounted for 62% of the variance in current physical activity.

Conclusion: Study findings support the application of TTM in physical activity changes among Iranian students.

Transtheoretical model/physical activity/Students

Presentation: Oral