

Additional file 2 Percent of patients with increased PA-level (Δ -value) at 6-month follow-up, analysed with 3-4 baseline predictive correlates

Correlate of PA (n)	Increased PA-level (Δ value)			
	% of patients		<i>p</i> value ^a	phi coefficient
	Positive values	Negative values		
CONF/PREP/SEE (82/68)	80.5	72.1	0.224	0.10
CONF/PREP/SEE/PCS (47/36)	87.2	72.2	0.086	0.19

PA-level physical activity level according to ACSM/AHA questionnaire, *CONF* readiness to change confident, *PREP* readiness to change – prepared, *SEE* self-efficacy expectations, *PCS* physical component summary – SF-36

Cut-points regarding positively assessed values were: CONF > 68 mm, PREP > 86 mm, SEE \geq 4.77 points, PCS \geq 47.06 points

^a*P* values were determined by Chi-square test for independence

Statistical significance was set at $p \leq 0.05$