

Additional file 3 Percent of patients with increased PA-level (Δ -value) at 6-month follow-up, analysed with low vs. high PA at baseline and 1-3 baseline predictive correlates

| Correlate of PA (n) | Increased PA-level (Δ value) | | | |
|----------------------------|--------------------------------------|----------------------|----------------------|-----------------|
| | % of patients | | p value ^a | phi coefficient |
| | Low/Positive values | High/Negative values | | |
| PABL/SEE (71/48) | 86.6 | 65.8 | 0.002 | 0.25 |
| PABL/PREP (79/48) | 86.8 | 60.8 | <0.001 | 0.30 |
| PABL/CONF (79/46) | 90.8 | 58.2 | <0.001 | 0.38 |
| PABL/PCS (80/48) | 87.0 | 58.5 | <0.001 | 0.32 |
| PABL/BMI (57/70) | 87.7 | 61.4 | <0.001 | 0.28 |
| PABL/CONF/PREP (59/27) | 90.8 | 54.0 | <0.001 | 0.42 |
| PABL/CONF/PREP/SEE (40/19) | 95.2 | 65.5 | 0.001 | 0.39 |
| | | | | |
| | Low/Negative values | High/Positive values | | |
| PABL/SEE (65/55) | 79.3 | 62.5 | 0.017 | 0.18 |
| PABL/PREP (68/62) | 80.0 | 67.4 | 0.058 | 0.14 |
| PABL/CONF (67/64) | 76.1 | 69.6 | 0.322 | 0.07 |
| PABL/PCS (63/63) | 78.8 | 70.8 | 0.235 | 0.09 |
| PABL/BMI (91/49) | 81.3 | 75.4 | 0.355 | 0.07 |
| PABL/CONF/PREP (47/43) | 75.8 | 68.3 | 0.347 | 0.08 |
| PABL/CONF/PREP/SEE (30/26) | 76.9 | 65.0 | 0.234 | 0.13 |

PA-level physical activity level according to ACSM/AHA questionnaire, *PABL* physical activity at baseline, *SEE* self-efficacy expectations, *PREP* readiness to change – prepared, *CONF* readiness to change – confident, *PCS* physical component summary - SF-36, *BMI* body mass index
^a*P* values were determined by Chi-square test for independence
Statistical significance was set at $p \leq 0.05$