

Additional file 4 Percent of patients with reached PA-level $\geq 5p$ at 6-month follow-up, analysed with 3-4 baseline predictive correlates

Correlate of PA (n)	Reached PA-level ($\geq 5p$)			
	% of patients		p value ^a	phi coefficient
	Positive values	Negative values		
CONF/PREP/SEE (82/68)	50.0	33.8	0.046	0.16
CONF/PREP/SEE/PCS (47/36)	55.3	22.2	0.002	0.33

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 ≥ 4.77 points, PCS ≥ 47.06 points

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

Statistical significance was set at $p \leq 0.05$