

Table 2 Characteristics of the men and women and the total sample at baseline

		All	Men	Women
	Scales	<i>N</i> = 76	<i>N</i> = 20	<i>N</i> = 56
		<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)	<i>M</i> (<i>SD</i>)
<i>Health behaviour</i>				
Levels of physical activity	0 – 4	1.3 (0.9)	1.3 (0.7)	1.3 (1.0)
<i>Environmental characteristics</i>				
Social support from close persons	1 – 5	4.0 (1.0)	3.9 (0.9)	4.1 (1.0)
<i>Personal factors</i>				
Self-esteem RSES-4 (high scores=lower self-esteem)	4 – 16	9.3 (2.7)	8.9 (2.4)	9.4 (2.8)
Self-efficacy (GSE)	1 – 40	27.2 (6.5)	27.6 (6.4)	27.1 (6.6)
Coping style (BACQ) (avoidance as ref.)	12 – 60	38.6 (5.5)	38.7 (5.6)	38.5 (5.5)
<i>Health perception</i>				
Illness impact (BIPQ)	1 – 10	7.4 (2.2)	7.0 (2.3)	7.5 (2.2)

No statistical significant differences between men and women on any of the variables by independent-samples *t*-tests.