

**Table 1.** The absolute and relative frequency of demographic variables of participants in the study (240 subjects)

<b>Demographic variables</b>	<b>No.</b>	<b>%</b>
<b>Gender</b>		
Male	119	49.6
Female	121	50.4
<b>Marital status</b>		
Single	28	11.7
Married	197	82.0
Widow	11	4.6
Divorced	4	1.7
<b>Occupation</b>		
Non-governmental Employee	75	31.3
Housewife	85	35.4
Unemployed	73	30.4
Retired	3	1.3
	4	1.7

**Table 2.** The mean of the research variables and the correlation coefficient matrix between the physical activity with the constructs of the transtheoretical model and the demographic variables

Variables	Mean	1	2	3	4	5	6	7	8
<b>1- Physical function</b>	50.10±29.40	1							
<b>2- Stages of change</b>	2.29±1.39	0.541**	1						
<b>3- Self-efficacy</b>	25.24±10.58	0.427**	**0.657	1					
<b>4- Processes of change</b>	117.35±35.37	0.336**	0.549**	0.547**	1				
<b>5- Perceived benefits</b>	34.38±9.47	0.235**	0.495**	0.552**	0.768**	1			
<b>6- Perceived barriers</b>	16.41±5.16	-0.079	-0.058	-0.161*	0.302**	0.235**	1		
<b>7- BMI</b>	25.22±4.04	-0.003	0.001	-0.087	-0.059	-0.040	0.065	1	
<b>8- Age, year</b>	38.53±7.48	-0.009	-0.129*	-0.177**	-0.107	-0.131*	0.029	0.220**	1
<b>9- educational years</b>	11.24±4.25	0.052	0.218**	0.289**	0.183	0.268**	0.001	0.268**	0.127*

**Table 3.** Physical activity regression coefficients (dependent variable) based on the transtheoretical model in the participants in the study

<b>Predictor variables</b>	<b>Non-standardized coefficient B</b>	<b>Standard deviation</b>	<b>Standardized coefficient <math>\beta</math></b>	<b>t</b>	<b>P value</b>	<b>Coefficient of determination <math>R^2</math></b>
<b>Constant</b>	-24.522	23.203	-	-1.057	0.292	0.29
<b>Processes of change</b>	33.915	0.958	0.45	6.028	0.0001	

**Table 4.** Regression coefficients of the stages of physical activity behavior change (dependent variable) based on the constructs of the transtheoretical model in the participants in the study

Predictor variables	Non-standardized coefficient B	Standard deviation	Standardized coefficient $\beta$	t	P value	Coefficient of determination $R^2$
Constant	0.290	0.268	-	1.084	0.280	0.32
Self-efficacy	0.029	0.003	0.51	8.78	0.0001	
Processes of change	0.010	0.003	0.26	3.46	0.001	