

Table 2) Absolute and relative frequencies of demographic variables of the subjects (n=332)

Variable	Number	Percent (%)
Education grade		
7	114	34.3
8	107	32.3
9	111	33.4
Father occupation		
Unemployed	7	2.1
Worker	20	6.0
Employee	150	45.2
Self- employed	122	36.7
Retired	29	8.7
Deceased	4	1.2
Mother occupation		
Housewife	259	78.0
Worker	0	0
Employee	55	16.6
Self- employed	16	4.8
Retired	2	0.6
Deceased	0	0
Father's education level		
Illiterate	11	3.3
High school	64	19.3
Diploma	80	24.1
University education	173	52.1
Mother's educational status		
Illiterate	12	3.6
High school	98	29.5
Diploma	121	36.4
University education	100	30.1
Economic status of the family		
Good	208	62.7
Medium	111	33.4
Poor	13	3.9

Table 3) Correlation between the constructs of social cognitive theory and students' behavior in relation to fruit and vegetable consumption (n=332)

Variable	1	2	3	4	5	6
1- Outcome expectations	1					
2- Outcome values	0.498	1				
3- Perceived self- efficacy	0.619	0.459	1			
4- Perceived social support	0.424	0.481	0.484	1		
5- Self regulation	0.322	0.406	0.413	0.607	1	
6- Behavior	0.241	0.254	0.259	0.293	0.360	1

Table 4) Multiple linear regression analysis of predictor variables of students' behavior and the self regulation in relation to fruit and vegetable consumption (332 people)

Dependent variable	B	Std. Error	β	Sig.	R	R²
Model 1 (behavior)						
Outcome expectations	0.043	0.175	0.016	0.807		
Outcome values	0.128	0.170	0.051	0.454		
Perceived self- efficacy	0.065	0.128	0.034	0.613	0.457	0.209
Perceived social support	0.146	0.125	0.072	0.241		
Self-regulation	0.499	0.093	0.357	0.001		
Model 2 (self-regulation)						
Outcome expectations	-0.083	0.104	-0.043	0.426		
Outcome values	0.168	0.101	0.093	0.099	0.669	0.448
Perceived self- efficacy	0.640	0.068	0.467	0.001		
Perceived social support	0.354	0.072	0.245	0.001		

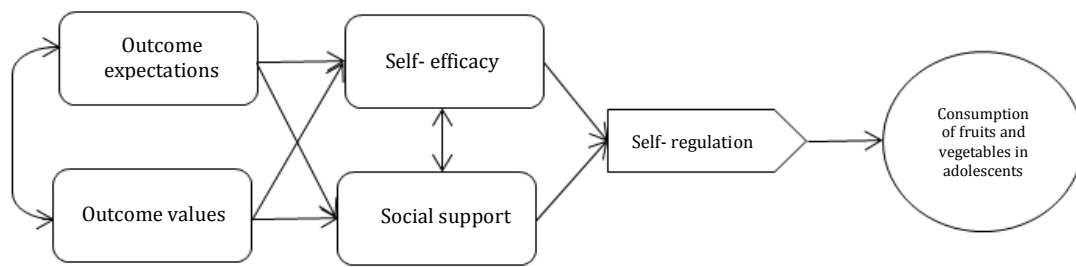


Figure 2) Final model of study