Table 1. Frequency distribution of the Demographic Characteristics of Participants (N=163)

Variables	Number	Percentage
Gender		
Male	80	49.1
Female	83	50.9
Marital status		
Single	28	17.2
Married	135	82.8
Educational level		
Non -academic	20	12.3
Academic	143	87.7
Job category		
Health care	126	77.3
Administrative and Financial	37	22.7

Table 2. Correlation Coefficients Between Regular Physical Activity and Health Belief Model Constructs in Participants

Variables	Mean	1	2	3	4	5	6
1- Regular daily physical activity	6.38±1.40	1					
2- Regular weekly physical activity	31.35±3.70	0.782*	1				
3- Perceived Susceptibility	9.638±0.74	0.32	0.067	1			
4- Perceived Severity	22.40±2.37	0.245**	0.239**	0.202**	1		
5- Regular physical activity benefits	22.59±2.55	0.165*	0.237**	0.237**	0.436**	1	
6- Regular physical activity barriers	9.35±3.04	0.18	0.086	-0.020	-0.051	-0.028	1
7- Self-efficacy	21.08±3.48	0.227**	0.301**	0.132	0.287**	0.654**	0.181*

* $p<0.05$;**$p<0.001$

Table 3. Multiple Regression Analysis Results for Regular Daily and Weekly Physical Activity with Independent Variables

Variables	Unstandardized coefficient (B)	Standard error	β coefficient	t	P value
Regular daily physical activity					
Constant	-20.315	12.517	-	-1.623	0.107
Perceived Susceptibility	-0.384	1.119	-0.027	-0.343	0.732
Perceived Severity	1.061	0.379	0.238	2.798	0.006
Regular physical activity benefits	-0.290	0.454	0.070	-0.638	0.525
Regular physical activity barriers	-0.038	0.274	-0.011	-0.138	0.890
Self-efficacy	0.640	0.317	0.210	2.021	0.045
Regular weekly physical activity					
Constant	-90.817	43.165	-	-2.104	0.037
Perceived Susceptibility	0.013	3.857	0.000	0.003	0.997
Perceived severity	2.697	1.308	0.173	2.063	0.041
Regular physical activity benefits	0.115	1.567	0.008	0.074	0.941
Regular physical activity barriers	0.635	0.946	0.052	0.671	0.503
Self-efficacy	2.514	1.092	0.236	2.302	0.023

Table 4. Results of the Relationship Between Demographic Variables and Health Belief Model Constructs

Variables	Perceived Susceptibility	Perceived Severity	Regular physical activity benefits	Regular physical activity barriers	Self-efficacy	Test
Gender	0.001	0.125	0.058	0.235*	0.062	ETA
Marital status	0.172	0.166	0.016	0.098	0.201*	ETA
Job category	0.051	0.002	0.166	0.024	0.182*	ETA
Educational level	-0.047	-0.099	-0.064	0.061	0.0131	Pearson correlation
Age	-0.036	0.207**	0.226**	-0.060	0.046	Pearson correlation

The strongest correlation: * $p<0.05$; ** $p<0.01$