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## Exploration of an Agentic Construct that Impacts Health Behaviors in General Population

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### ABSTRACT

Hope is defined as the perceived capability to derive pathways to desired goals. The aims of the present study are to discuss hope as a self-regulation construct. Method: The study includes a convenience sample of 615 individuals from the community, 51.1% females. They fill a questionnaire that includes demographic information, disease behavior, health satisfaction, quality of life, and the Hope Scale. Results: Results suggest a statistically significant relation between hope and outcomes of good health. Conclusions: We can conclude that hope, especially agency thinking, can be an interesting variable to be considered in studies about subjective aspects of health.

### KEYWORDS

Hope; Health Education; Self Regulation; Health Outcomes

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