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Perceptions of Physical and Social Environment Variables and Self-Efficacy as Correlates of Self-Reported Physical Activity Among Adolescent Girls

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▶ Abstract

Objective This cross-sectional study examined the direct and indirect effects of perceived equipment accessibility, neighborhood safety, and social support on self-reported physical activity among older adolescent girls. **Methods** Adolescent girls ($n = 1,655$) who were in the 12th grade completed a battery of questionnaires that included self-report measures of the perceived physical environment, social support, barriers self-efficacy, and physical activity. **Results** Perceived neighborhood safety did not exhibit direct or indirect effects on self-reported physical activity. Perceived equipment accessibility exhibited an indirect effect on self-reported physical activity that was accounted for by barriers self-efficacy. Perceived social support exhibited direct and indirect effects on self-reported physical activity; the indirect effect was accounted for by barriers self-efficacy. The relationships were independent of parental education and body mass index (BMI). **Conclusions** Perceived physical environmental factors indirectly influenced self-reported physical

activity, and perceived social environmental factors both directly and indirectly influenced self-reported physical activity in this sample of older adolescent girls.

Key words: adolescents; body mass index; determinants; physical activity; race.

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