Supplementary File 1. An Example of Search Strategy for the PubMed Database

((("MTM"[Title/Abstract] OR "multi theory model"[Title/Abstract] OR "multi theory model"[Title/Abstract] OR "multi theory model"[Title/Abstract] OR "multi theory model"[Title/Abstract] OR "initiation"[Title/Abstract] OR "sustenance"[Title/Abstract])) AND ("health behavior"[MeSH Terms] OR (("obesogen"[All Fields] OR "obesogenic"[All Fields] OR "obesogenicity"[All Fields] OR "obesogens"[All Fields]) AND "behavior"[MeSH Terms]) OR (("human s"[All Fields] OR "humans"[MeSH Terms] OR "humans"[All Fields] OR "humans"[All Fields] OR "humans"[All Fields] OR "humans"[All Fields]] AND "behavior"[MeSH Terms])) NOT ("review"[Publication Type] OR "systematic review"[Publication Type]]) AND ((fft[Filter]) AND (humans[Filter]) AND (2016/1/1:2023/12/31[pdat]) AND (english[Filter]))

Supplementary Table 1: Preferred Reporting Items for Systematic reviews and Meta-Analyses checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE	<u>.</u>		
Title	1	Identify the report as a systematic review.	Page 1
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Pages 1
INTRODUCTION	N		
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Page 4
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Page 4
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Pages 5
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Page 5
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Page 5
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Page 5
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Page 6
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Page 6
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Page 6

Section and Topic	Item #	Checklist item	Location where item is reported
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Page 6
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Page 6
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	N/A
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	N/A
13c		Describe any methods used to tabulate or visually display results of individual studies and syntheses.	N/A
13d		Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	N/A
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	N/A
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	N/A
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	N/A
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	N/A
RESULTS	_	-	
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Figure 1
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Supplementary Table 1
Study characteristics	17	Cite each included study and present its characteristics.	Pages 7-9 Tables 3-5
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Table 2
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimates and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Tables 3-5
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	N/A
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	N/A
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	N/A
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	N/A
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	N/A
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	N/A
DISCUSSION			

Section and Topic	Item #	Checklist item	Location where item is reported
Discussion 23		Provide a general interpretation of the results in the context of other evidence.	Pages 10-13
	23b	Discuss any limitations of the evidence included in the review.	Pages 14-15
	23c	Discuss any limitations of the review processes used.	Pages 14-15
	23d	Discuss implications of the results for practice, policy, and future research.	Page 12-14
OTHER INFORM	IATION		
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	N/A
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	N/A
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	N/A
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	N/A
Competing interests	26	Declare any competing interests of review authors.	MS is the originator of MTM
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	From SK

Supplementary Table 2. Studies that met the inclusion criteria but excluded from the review

Author & Publication year	Study Title	Reason for Exclusion
(Sharma, M., 2016) ¹²	A new theory for health behavior change: Implications for alcohol and drug education.	Editorial
(Sharma, M., 2017) ¹³	Trends and prospects in public health education: A commentary.	Editorial
(Ghaffarifar & Ghouchani, 2017) ¹⁴	Health educators' role in health promotion from a new perspective: A new theory in their professional toolbox.	Editorial
(Sharma & Sharma, 2019) ¹⁵	Algorithm-driven fourth generation multi-theory model for alcohol and drug education.	Editorial
(Sharma & Nahar, 2017) ¹⁶	New approach for promoting HPV vaccination in college men based on multi-theory model (MTM) of health behavior change.	Letter to the Editor
(Kim et al., 2018) ¹⁷	Influencing health behavior change related to musculoskeletal conditions: The need to expand the evidence base and the case for multitheory model.	Letter to the Editor
(Morowatisharifabad et al., 2019) ¹⁸	Effects of an educational intervention based on the multi-theory model on promoting the quality of life in postmenopausal women: A protocol.	Protocol
(Sharma, M., 2021) ¹⁹	A protocol for assessing the readiness for practicing meditation (manan dhyana) as a tool for reduction of stress among high-risk occupations.	Protocol
(Jiang et al., 2023) ²⁰	Impact of a mobile health intervention based on multi-theory model of health behavior change (MTM) on self-management in patients with differentiated thyroid cancer: Protocol for a randomized control trial.	Protocol

Supplementary Table 3: Descriptive and cross-sectional studies utilizing Multi-Theory Model (MTM) of health behavior change from 2016 to December 2023.

Author & Publication year	Location of Study	Type of behavior studied	Target group (setting)	Type of study/design	Main Findings
(Sharma et al., 2021c) ⁷	Southern USA University.	COVID-19 vaccine acceptance among college students.	282 participants, majority female (62.8%) and White (56.4%).	Cross-sectional study using a 27-item questionnaire.	Initiation of COVID- 19 Vaccine Acceptance: Among college students, the significant predictors for initiating COVID-19 vaccine acceptance were behavioral confidence (p < 0.001), participatory dialogue (p < 0.001), and changes in the physical environment (p = 0.001), accounting for 54.8% of the variance. For those hesitant about the vaccine, behavioral confidence (p < 0.001) and Republican Party affiliation (p = 0.004, negatively associated) were significant, explaining 60.6% of the variance. Sustenance of COVID-19 Vaccine Acceptance: The study focused primarily on the initiation of vaccine acceptance and did not specifically address the sustenance aspect. Initiation of HPV
(Asare et al., 2020) ³⁴	Asnanti Region, Ghana.	initiation and completion among adolescents.	aged 12-17 years from four schools, 285 participants.	study.	Vaccination of HPV Vaccination: The final model for initiation found perceived beliefs and change in physical environment as significant predictors. Perceived beliefs had a p-value of <0.001 and change

		1			
(Sarwar et	A university in	COVID-19 vaccine	55	Pilot study	environment also had a p-value of <0.001, accounting for a combined variance of 15%. Sustenance of HPV Vaccination: The final model for sustenance identified perceived beliefs, practice for change, and emotional transformation as significant predictors, each with a p-value of <0.001. These factors explained a total variance of 16.9% in sustaining the HPV vaccination behavior. The study explored
al., 2021) ³⁵	the United States.	acceptance among college students.	undergraduate students, majority female, younger, Hispanic or Latino.	with a survey conducted in summer 2021.	factors affecting students' vaccine acceptance, focusing on mistrust, misinformation, religious beliefs, and ethical implications. It emphasized the importance of addressing these factors to increase vaccine uptake among college students.
(Sharma et al., 2021f) ³⁶	United States.	COVID-19 vaccine hesitancy among African Americans.	428 unvaccinated African Americans.	Cross-sectional study using a web-based survey and a 28-item questionnaire.	Initiation of COVID- 19 Vaccine Acceptance Among African Americans: The study identified participatory dialogue and behavioral confidence as significant predictors for initiating COVID-19 vaccine acceptance among African Americans. The model explained 65% of the variance in vaccine acceptance, with

					participatory dialogue and behavioral confidence having a p-value < 0.001. Sustenance of COVID-19 Vaccine Acceptance: The study did not specifically address the sustenance of COVID-19 vaccine acceptance, focusing primarily on the initiation of vaccine acceptance among African Americans.
(Batra et a 2022a) ³⁷	al., United States.	COVID-19 booster vaccination hesitancy.	Nationally representative sample of U.S. adults.	Cross-sectional study using a 52-item psychometric valid web- based survey.	Initiation of COVID- 19 Booster Vaccination: In the final model of the study, for the initiation of COVID- 19 booster vaccination, behavioral confidence and changes in the physical environment were significant predictors. Behavioral confidence had a p- value < 0.001, and changes in the physical environment had a p-value < 0.001, and changes in the physical environment had a p-value < 0.05. The model accounted for 62.9% of the variance. Sustenance of COVID-19 Booster Vaccination: The study did not specifically address sustenance in the context of booster vaccination. It focused more on the factors influencing the initiation or acceptance of the COVID-19 booster vaccine.
(Popelsky al., 2022) ⁵	et Ashanti ³⁸ Region,	HPV vaccination among parents of unvaccinated	380 parents, predominantly	Cross-sectional study using a	Initiation of HPV Vaccination: The
	Gilaild.		1911aic (31.1%).	validated survey.	initiation of HPV vaccination among

					Ghanaian parents
					Ghanaian parents showed that changes in the physical environment and behavioral confidence were significant predictors. Changes in the physical environment had a p-value < 0.05, and behavioral confidence had a p- value < 0.001. The variance explained by this model was 13.6%. Sustenance of HPV Vaccination: The final model for the sustenance of HPV vaccination behavior highlighted emotional transformation and
					changes in the social environment as significant
					predictors, both with p-values <
					explained by these predictors was 45.8%.
(Achrekar et al., 2022) ³⁹	India.	COVID-19 booster dose hesitancy.	Indian residents.	Cross-sectional study with 687 participants.	Initiation of COVID- 19 Booster Vaccination: In the final model, participatory dialogue and changes in the physical environment had p-values < 0.001, while behavioral confidence had a p- value < 0.05. The variance explained was 51.4%. The study did not include an analysis of the sustenance of COVID-19 booster vaccination.
(Batra et al., 2022b) ⁴⁰	United States.	COVID-19 vaccination hesitancy among parents for their children.	The study assessed a national random sample of 263 parents.	Cross-sectional study.	The study found that 42% of parents were not willing to vaccinate their children for COVID-
			Type of		19. Parental

,						
				Study/Design:		vaccination status,
				Cross-sectional		booster dose
				study.		acceptance,
				,		education, and
						political affiliation
						woro significant
						were significant
						predictors of
						willingness to
						vaccinate children.
						Behavioral
						confidence and
						participatory
						dialogue were key
						predictors of
						COVID-19
						vaccination
						hositancy among
						nesitality among
	(parents.
	(Nerida et	Nevada, USA.	Behavior of COVID-19	The study	The research	Initiation of COVID-
	al., 2023)41		vaccine acceptance	involved 231	was a	19 Vaccine
			among Hispanics/Latinxs.	Hispanic/Latinx	quantitative,	Acceptance: The
				individuals,	cross-	model explained
				predominantly of	sectional,	63.0% of the
				Mexican	survey-based	variability in the
				descent, from	study.	initiation of COVID-
				various	,	19 vaccine
				educational and		accentance among
				incomo lovols		vaccing bositant
				income levels.		individuals
						Participatory
						dialogue and
						behavioral
						confidence were
						the significant
						constructs, both
						displaying a p-value
						of <0.001
						Sustenance of
						Acceptance: For
						sustenance among
						vaccine-hesitant
						individuals, the
						model accounted
						for 37.4% of the
						variability.
						Emotional
						transformation was
						the significant
						construct with a n-
						value of < 0.001
ļ	(Sharma at	Alargo	Initiation and sustanance	College students	Cross soctional	The initiation of
	(Sharma et	Alarge		College students,	Cross-sectional	The Initiation of
ļ	al., 2016)**	Southern	or small portion size	with a total of	study using a	small portion size
		public	consumption among	135 participants.	survey based	consumption,
ļ		university in	college students.	The study	on the Multi-	which explained
ļ		the United		focused on those	Theory Model	37% of the
ļ		States.		who consumed	(MTM) of	variance, was
ļ				large portion	health	significantly
ļ				sizes within the	behavior	influenced by
ļ				past 24 hours.	change.	, participatory
ļ					<u>J</u> -	dialogue
ļ						(advantages
ļ						outweighing
J				1	1	JULINCISIUUS

ſ						disadvantages)
						with a p-value of
						0.006, behavioral
						confidence with a
						p-value of <0.001,
						age with a p-value
						of 0.005, and
						gender, where
						males were less
						likely than females
						to initiate this
						hehavior with a n-
						value of 0.008
						These findings
						suggest that
						nersonal heliefs
						confidence and
						domographic
						featore like and
						actors like age and
						gender play a vital
						role in starting
						healthier eating
						habits.
						Regarding the
						sustenance of small
						portion size
						consumption,
						accounting for
						20.5% of the
						variance, the study
						identified
						emotional
						transformation as a
						significant
						predictor with a p-
						value of 0.001,
						changes in the
						social environment
						with a p-value of
						0.033, and racial
						differences, where
						Whites were less
						likely than other
						races to sustain this
						behavior, with a p-
						value of 0.001. This
						indicates the
						importance of
						emotional and
						social factors, as
						well as racial
						considerations. in
						maintaining
ļ						changes in eating
						behavior over time
ŀ	(Sharma et	A large nublic	Initiation and sustenance	College students	Cross-sectional	Initiation of Fruit
I	al 2018a) ⁴³	university in	of fruit and vegetable	at the university	study using a	and Vegetable
I	u., 2010aj	the	consumption among	with 175	survey baced	Consumption In
		Southeastern	college students	narticinants who	on the Multi-	the final model for
		United States	concec students.	were not	Theory Model	initiation the
		Since States.		consuming the	(MTM) of	significant
				recommended	health	nredictors were
				recommended	neurin	hehavioral
1						SCHUNDIAL

			number of fruits	behavior	confidence and
			and vegetables.	change.	changes in the
					physical
					environment.
					Behavioral
					confidence had a p-
					value of <.001, and
					changes in the
					physical
					environment also
					had a significant p-
					value of .001.
					explaining 40.2% of
					the variance in the
					initiation of fruit
					and vegetable
					consumption.
					Sustenance of Fruit
					and Vegetable
					Consumption: For
					the sustenance of
					this behavior, the
					final model
					identified
					emotional
					transformation.
					practice for
					change, and
					changes in the
					social environment
					as significant
					predictors
					Emotional
					transformation had
					a p-value of 030
					nractice for change
					had a p-value of
					< 0.01 and changes
					in the social
					environment had a
					n-value of 025
					collectively
					accounting for
					30.4% of the
					variance in
					sustaining the
					hehavior change
(Lakhan et	Rural	Initiation and sustenance	Residents of six	Cross-sectional	Initiation of Small
al., 2019)44	Appalachia	of small portion size	rural	study	Portion Size
un, 2013)		consumption behavior	Annalachian	study.	Consumption: In
	03/1.	consumption schuvior.	counties in		the final model for
			Kentucky 156		the initiation of
			narticinants		small portion size
			participanto.		consumption
					significant
					predictors were
					narticinatory
					dialogue
					(advantages
					outweighing
					disadvantages)
					with a p-value of
					0.033, behavioral

					confidence with a
					p-value of <0.0001,
					physical
					environment with a
					p-value of <0.0001.
					These factors
					collectively
					the variance in
					initiating small
					portion size
					consumption.
					Sustenance of
					Consumption: For
					the sustenance of
					this behavior, the
					final model
					Identified
					transformation and
					practice for
					change, both with
					p-values of
					<0.0001. These
					accounted for
					40.2% of the
					variance in
					sustaining the
(Brown et	Mississippi	Fruit and vegetable	African American	Cross-sectional	Initiation of Fruit
al., 2019) ⁴⁵	USA.	consumption among	women from	study using	and Vegetable
		African American	churches in	the Multi-	Consumption: For
		women.	Mississippi, 116	Theory Model	the initiation of
			participants.	(MTM).	fruit and vegetable
					final model
					identified
					participatory
					dialogue
					(advantages
					disadvantages)
					with a p-value of
					0.009, behavioral
					confidence with a
1					confidence with a p-value of 0.0001, and changes in the
					confidence with a p-value of 0.0001, and changes in the physical
					confidence with a p-value of 0.0001, and changes in the physical environment with a
					confidence with a p-value of 0.0001, and changes in the physical environment with a p-value of 0.0001.
					confidence with a p-value of 0.0001, and changes in the physical environment with a p-value of 0.0001. These predictors
					confidence with a p-value of 0.0001, and changes in the physical environment with a p-value of 0.0001. These predictors accounted for 50.8% of the
					confidence with a p-value of 0.0001, and changes in the physical environment with a p-value of 0.0001. These predictors accounted for 50.8% of the variance in the
					confidence with a p-value of 0.0001, and changes in the physical environment with a p-value of 0.0001. These predictors accounted for 50.8% of the variance in the intention to initiate
					confidence with a p-value of 0.0001, and changes in the physical environment with a p-value of 0.0001. These predictors accounted for 50.8% of the variance in the intention to initiate fruit and vegetable
					confidence with a p-value of 0.0001, and changes in the physical environment with a p-value of 0.0001. These predictors accounted for 50.8% of the variance in the intention to initiate fruit and vegetable consumption
					confidence with a p-value of 0.0001, and changes in the physical environment with a p-value of 0.0001. These predictors accounted for 50.8% of the variance in the intention to initiate fruit and vegetable consumption behavior. Sustenance of Fruit

					Consumption: In the final model for the sustenance of fruit and vegetable consumption, significant predictors were emotional transformation (p = 0.0001), practice for change (p = 0.016), and changes in the social environment (p = 0.0001). These factors explained 59.9% of the variance in sustaining the behavior.
(Williams et al., 2020) ⁴⁶	Barbershops in Jackson, Mississippi, USA.	Fruit and vegetable consumption among African American men.	134 African American adult men, average age 33.83 years.	Cross-sectional study using a self- administered questionnaire.	Initiation of Fruits and Vegetables Consumption: The study by Williams et al. found that behavioral confidence and changes in the physical environment were significant predictors for the initiation of fruits and vegetables consumption among African American men. These factors accounted for 40.8% of the variance in predicting this behavior change, with behavioral confidence and changes in the physical environment having p-values of <0.0001. Sustenance of Fruits and Vegetables Consumption: For sustaining this behavior, practice for change and emotional transformation were the significant predictors, explaining 37.5% of the variance.

					Practice for change had a p-value of <0.0001, and emotional transformation had a p-value of 0.016.
(Dokun- Mowete et al., 2019) ⁴⁷	Nigeria.	Initiation and maintenance of low-salt intake among Nigerian adults with hypertension.	149 Nigerian adults living with hypertension.	Quantitative cross-sectional study.	Initiation of Low- Salt Intake: In the final model for the initiation of low- salt intake, the significant predictors were advantages outweighing disadvantages (p = 0.038), behavioral confidence (p < 0.0001), and changes in the physical environment (p < 0.0001), explaining 40.6% of the variance in the behavior change towards initiating low-salt consumption. Sustenance of Low- Salt Intake: For the sustenance of low- salt intake, the final model identified emotional transformation (p = 0.008), practice for change (p < 0.0001), and changes in the social environment (p < 0.0001) as significant predictors. These factors accounted for 41.8% of the variance in sustaining the consumption of a low-salt diet.
al., 2021) ⁴⁸	i kaiy.	Free Diet (GFD) among adults with and without celiac disease.	majority female (80.19%), average age 39 years.	study using Integrative Model (IM) and Multi Theory Model (MTM).	GFD, self-efficacy, and injunctive norms were key factors in adherence. The study found that IM constructs effectively explain adherence to GFD, but MTM constructs for continuation did

					not explain
					adherence.
(Yoshany et	Yazd, Iran.	Nutritional behaviors in	204	Cross-sectional	Initiation of
al., 2022) ⁴⁹		postmenopausal women.	postmenopausal	study based	Nutritional
			women, aged	on the Multi-	Behaviors for
			45–55 years.	Theory Model	Menopausal
				(MTM).	Symptoms: The
					study examined
					predictors in
					initiating and
					maintaining
					nutritional
					behaviors to
					address
					menopausal
					symptoms. For
					initiation.
					significant
					predictors were
					participatory
					dialogue (n =
					0.040 behavioral
					confidence (n <
					0.001) and
					changes in the
					nhysical
					environment (n -
					0.007) accounting
					for a notable
					varianco in
					variance in initiating those
					hobaviars Variance
					beliaviors. variance
					was not provided.
					Sustenance of
					Nutritional
					Benaviors: In
					sustaining these
					benaviors,
					emotional
					transformation was
					the sole significant
					predictor, with a p-
					value of <0.001,
					indicating its strong
					influence on the
					maintenance of
					nutritional
					behaviors in
					menopausal
					women.
(Nahar et al.,	Southern	Initiation and sustenance	College students,	Cross-sectional	For the initiation of
2016) ⁵⁰	United States,	of physical activity	with a total of	study using a	physical activity,
	at a large	behavior among college	141 participants	survey based	which explained
	university.	students.	who were	on the Multi-	26% of the
			predominantly	Theory Model	variance, the
			female (72.3%)	(MTM) of	significant factors
			and Caucasian	health	included behavioral
			(70.9%). The	behavior	confidence,
			average age of	change.	changes in the
			the participants		physical
			was		environment, and
			approximately		work status, each
			24.56 years.		with p-values of

					0.004, respectively. Moreover, the aspect of advantages outweighing disadvantages was also significant with a p-value of 0.018, highlighting the critical elements that influence the start of physical activity. Regarding the sustenance of physical activity, accounting for 29.7% of the variance, significant contributors were practice for change, emotional transformation, and changes in the social environment. Practice for change demonstrated a substantial impact with a p-value of <0.001. Emotional transformation and changes in the social environment with a p-value of <0.001. Emotional transformation and changes in the social environment with a p-value of <0.019 and 0.022, respectively. This emphasizes the importance of ongoing practice, emotional aspects, and social factors in maintaining physical activity over time.
(Hayes et al., 2018) ⁵¹	Jackson, Central Mississippi, USA.	Initiating and sustaining physical activity among African American women.	African American women aged 18 years and older, recruited primarily from churches in Jackson, Mississippi. The study involved 156 participants.	Cross-sectional study.	For the initiation of physical activity, the final regression model identified three significant predictors. Advantages minus disadvantages was a notable factor with a p-value of 0.029. Behavioral confidence also played a crucial role, with a p-value of 0.001, and changes in the

					environment were significant with a p- value of 0.004. These variables collectively explained 32.7% of the variance in initiating physical activity. Regarding the sustenance of physical activity, the study found that emotional transformation and changes in the social environment were significant in the final model. Emotional transformation had a p-value of 0.001, and changes in the social environment also had a significant impact, with a p-value of 0.001. Practice for change was not a significant predictor in this final model. Together, these factors accounted for 38.8% of the variance in sustaining physical
					activity behavior.
(Nahar et al.,	Southeastern	Initiating and sustaining	Osteopathic	Cross-sectional	Initiation of
2019b) ⁵²	United States,	physical activity among	medical	study using an	Physical Activity:
	at an	osteopathic medical	students, with	MTM-based	Behavioral
	osteopathic	students.	135 participants	survey.	confidence was the
	medical		meeting the		only significant
	SCHOOL		study criteria.		final model for
					initiation, with a p-
					value of <.001,
					accounting for
					25.8% of the
					variance in
					activity behavior
					Sustenance of
					Physical Activity: In
					the final model for
					sustenance,
					significant
					changes in social
					environment (p =
					.002) and
					emotional
					transformation (p <

					.001), explaining
					41.7% of the
					variance in
					sustaining physical
					activity behavior.
(Khanna et	District	Physical activity among	214 upper	Cross-	Initiation of
al., 2020) ⁵³	Ambala,	upper elementary school	elementary	sectional study	Physical Activity
	Haryana,	children.	school children.	using a Multi-	Behavior: The
	India.		The mean age of	Theory Model	study by Khanna et
			participants was	(MTM) based	al. explored the
			10.51 years, with	questionnaire.	predictors for
			53.74% boys and	-	initiating physical
			46.26% girls.		activity among
					upper elementary
					school children in
					Northern India.
					Behavioral
					confidence and
					changes in the
					physical
					environment were
					significant
					predictors. The
					model accounted
					for 12.5% of the
					variance in the
					intention to initiate
					physical activity,
					with behavioral
					confidence and
					changes in the
					pnysical
					environment
					naving p-values of
					0.004 and 0.001,
					Sustenance of
					Rehavior: For
					sustaining physical
					activity behavior
					emotional
					transformation and
					practice for change
					were identified as
1					significant
					predictors. These
1					factors explained
1					5.3% of the
1					variance in the
1					intention for the
1					sustenance of
					physical activity,
					with emotional
					transformation and
					practice for change
					having p-values of
					0.012 and 0.008,
					respectively.
(Yoshany et	Yazd, Iran.	Regular physical activity	200 post-	Cross-	Initiation of Regular
al., 2022) ⁵⁴		behavior and quality of	menopausal	sectional	Physical Activity:
1		life in post-menopausal	women aged 45-	research using	The study by
1		women.	55 years.	the Multi-	Yoshany et al.

				Theory Model	focused on regular
				(MTM).	physical activity
					behavior in post-
					menopausal Iranian
					women Behavioral
					confidence and
					connuence anu
					changes in the
					physical
					environment were
					identified as
					significant
					predictors for
					initiating regular
					physical activity,
					with p-values of
					<0.0001 and 0.013
					respectively. These
					nespectively. These
					predictors
					accounted for a
					substantial
					variance in
					initiating this
					behavior.
					Sustenance of
					Regular Physical
					Activity: Emotional
					transformation and
					changes in the
					social environment
					significantly
					prodicted the
					predicted the
					sustenance of
					regular physical
					activity, with p-
					values of <0.0001
					and 0.017,
					respectively. These
					factors were
					pivotal in
					maintaining regular
					physical activity in
					the target
					population.
					Variance
					information was
					not provided.
(Shirotriva et	Fiji.	Physical activity behavior	The study	A cross-	Initiation of
al., 2022)55		among university	involved 334	sectional	Physical Activity
		students	students with	study	Behavior: The final
			15.6% not		model for the
			engaged in any		initiation of
			nhysical activity		nhysical activity
			(PA). The		
			formalize (CE CO()		40.2% OF the
			temales (65.9%),		variance. Changes
			undergraduates		in the physical
			(93.7%), and		environment was
			Indo-Fijians		the only significant
			(68.0%). The		predictor, with a p-
			average age of		value of <0.05.
			participants was		Sustenance of
			23.70 years.		Physical Activity
					Behavior: The final

					model for the sustenance of physical activity behavior explained 38.8% of the variance. However, none of the constructs in the model were found to be significant.
(Zhang et al., 2022) ⁵⁶	Hangzhou, Zhejiang Province, China.	Physical activity behavior among pregnant women.	The study involved 450 pregnant women.	Cross-sectional study.	Initiation of Physical Activity Behavior: The final model for the initiation of physical activity behavior explained 52.1% of the variance. Significant predictors in this model included participatory dialogue (p = 0.002), behavioral confidence (p < 0.001), changes in physical environment (p = 0.005), gestation age (p = 0.001), and Gestational Diabetes Mellitus (GDM) (p < 0.001). Sustenance of Physical Activity Behavior: The final model for sustenance explained 49.1% of the variance. Significant predictors were emotional transformation (p < 0.001), practice for change (p = 0.001), changes in social environment (p < 0.001), pre- pregnancy exercise habit (p = 0.001), and GDM (p = 0.003).
(Nahar et al., 2019a) ⁵⁷	Rural Appalachian Kentucky, USA.	Smoking cessation intentions among smokers.	Smokers from a shopping mall in rural Appalachian Kentucky, 148 participants.	Cross-sectional study using an MTM-based survey.	Initiation of Smoking Cessation: The final model for initiation identified participatory dialogue (p = 0.003) and behavioral confidence (p =

					0.005) as significant
					predictors,
					explaining 23.6% of
					the variance in the
					behavior change
					towards initiating
					smoking cessation.
					Sustenance of
					Smoking Cessation:
					For the sustenance
					of smoking
					cessation.
					emotional
					transformation was
					the significant
					predictor in the
					final model (p =
					0.001) accounting
					for 23 3% of the
					variance in
					sustaining the
					hehavior change
(Pachirian of	Hamadan city	Roducing waterpipe		Cross soctional	Initiation of
	Wostorn Iran	smoking in malo	students (grades	ctudy	Poducing Water
al., 2020)**	western nan.	adolosconts	10 12) with 200	study.	Reducing Water
		audiescents.	10–12), with 200		the study
					ne study,
			smoked		participatory
			waterpipe in the		dialogue
			last 30 days.		(auvantages minus
					disadvantages) and
					benavioral
					confidence were
					significant
					predictors for
					initiating the
					reduction of water
					pipe smoking, with
					p-values of .001 for
					each. These factors
					explained 35.7% of
					the variance in the
					initiation behavior.
					Sustenance of
					Reducing Water
					Pipe Smoking: For
					sustaining the
					behavior,
					emotional
					transformation (p =
					.001), practice for
					change (p = .002),
					and changes in the
					social environment
					(p = .032) were
					identified as
					significant
					predictors,
					accounting for
					13.5% of the
					variance in
					sustaining the
					reduction of water
					pipe smoking.

(Sharma et	Kathmandu	Smoking cessation.	132 participants,	Cross-sectional	Initiation of
al., 2020d) ⁵⁹	Metropolitan	5	predominantly	study using	Smoking Cessation:
un, 2020u,	City Nenal		male (75%)	face-to-face	The study found
	City, Nepai.		median age	interviews and	that hehavioral
			25 52 years		confidence and
			55.55 years.	ivi i ivi-based	connuence and
				survey.	changes in the
					physical
					environment were
					significant
					predictors for the
					initiation of
					smoking cessation,
					explaining 48% of
					the variance in this
					behavior.
					Behavioral
					confidence had a n-
					value of 0.02 while
					value of 0.02, while
					changes in the
					physical
					environment had a
					p-value of 0.01.
					Sustenance of
					Smoking Cessation:
					For the sustenance
					of smoking
					cessation,
					emotional
					transformation was
					the significant
					nredictor
					predictor,
					accounting for 54%
					of the variance.
					The p-value for
					emotional
					transformation was
					less than 0.001.
(Sharma et	United States.	Vaping quitting behavior	The study	This was a	Initiation of Vaping
al., 2022d) ⁶⁰		among young adults.	involved a	cross-sectional	Quitting Behavior:
			nationally	study using a	The significant
			, representative	49-item web-	predictors for the
			sample of 619	based survey.	initiation of vaping
			voung adults		guitting behavior in
			aged 18-24		the final model
			vears who were		were participatory
			engaged in		
			uning hoherder		hobovieral
			vaping benavior.		
					confidence, and
					changes in the
					physical
					environment. All
					these predictors
					were significant
					with a p-value of
					<0.001. The model
					explained 41 7% of
					the variance in the
					initiation of vaning
					auitting behavior
					Sustenance of
					vaping Quitting
					Behavior: For the
	-		1	1	

-						
						vaping quitting behavior, the significant predictors in the final model included emotional transformation (p < 0.05), practice for change (p < 0.001), and changes in the social environment (p < 0.001). The model accounted for 36.6% of the variance in sustaining vaping quitting behavior.
	(Nahar et al., 2020) ⁶¹	Southeastern United States, at a private College of Veterinary Medicine.	Initiation and sustenance of stress management behaviors among veterinary students.	Veterinary students who were not already engaging in daily stress management behaviors, totaling 140 participants.	Cross- sectional study.	Initiation of Intentional Relaxation Behavior: For the initiation of intentional relaxation behavior, the final model showed behavioral confidence as the only significant predictor, with a p- value of <0.001, accounting for 49.5% of the variance in the behavior change. Sustenance of Intentional Relaxation Behavior: In the final model for the sustenance of intentional relaxation behavior, emotional transformation was the only significant predictor, with a p- value of <0.001, explaining 50.4% of the variance in sustaining the babavior
	(Sharma et al., 2020c) ⁶²	Southeastern university in the United States.	Intentional outdoor nature contacts for stress reduction among college students.	281 undergraduate students, with a mean age of 21.69 years, 60% female, 58% White or Caucasian American.	Cross-sectional study using a self- administered questionnaire.	Initiation of Intentional Outdoor Nature Contact: In this study, the initiation of intentional outdoor nature contact among college students was significantly

					predicted by behavioral confidence and changes in the physical environment. These predictors explained 57.5% of the variance in initiating this behavior, with both factors having p- values of less than 0.001. Sustenance of Intentional Outdoor Nature Contact: For the sustenance of this behavior, emotional transformation, practice for change, and changes in the social environment were identified as significant predictors. Together, they accounted for 31.0% of the variance in sustaining the behavior. Emotional transformation had a p-value of 0.021, practice for change had a p-value of less than 0.001, and changes in the social environment had a p-value of 0.002.
(Sharma et al., 2022b) ⁶³	Southern United States.	Introspective meditation for stress reduction among college students.	65 college students, 75.4% female, 64.6% White, mean age 27.72 years.	Cross-sectional pilot study using a 52- item web- based survey.	Initiation of Introspective Meditation: The final model for initiation found changes in the physical environment as a significant predictor. This variable was statistically significant, with a p-value of <0.05. The model explained a variance of 21.1% in initiating

					introspective meditation among participants. Sustenance of Introspective Meditation: The final model for sustenance identified emotional transformation as a significant predictor. This factor was statistically significant, with a p-value of <0.001. The model explained a total variance of 50.5% in sustaining introspective meditation behavior among the participants.
(Sharma et al., 2021d) ⁶⁴	United States.	Use of new technology for social connectedness during the COVID-19 pandemic.	382 participants, balanced gender distribution, average age 43.9 years, predominantly White (71.2%).	Cross-sectional study using a 40-item questionnaire based on the Multi-Theory Model (MTM).	Initiation of New Technology Use for Social Connectedness: In this study, the initiation of new technology use among participants during the COVID- 19 pandemic was significantly predicted by participatory dialogue (p < 0.05), behavioral confidence (p < 0.001), and changes in the physical environment (p < 0.05), accounting for 38.3% of the variance. Sustenance of New Technology Use for Social Connectedness: For the sustenance of new technology use, significant predictors were emotional transformation (p < 0.001), and changes in the social environment (p < 0.001),

					explaining 42.6% of
					the variance.
(Olatunde et	The study was	The study focused on	The study	The study was	Initiation of
al., 2022) ⁶⁵	conducted	telehealth-based	targeted college	a cross-	Telehealth Among
- , - ,	among	psychological help-	students at a	sectional and	Past Users: For past
	students at a	seeking behaviors among	large U.S.	survey-based	telehealth users.
	large	college students.	university. A	research.	participatory
	university in		total of 356		dialogue
	the United		students		(advantages
	States		narticinated		outweighing
	States.		with the average		disadvantages)
			age heing 2/1 31		with a n-value of
			vears		009 and behavioral
			years.		confidence with a
					$p_{\rm value}$ of < 001
					p-value of <.001
					prodictors for
					initiation The
					wariance evolution
					in this hohe view
					In this benavior
					Was 35.0%.
					Sustenance of
					Deet Lleerer In the
					Past Users: In the
					sustenance model
					ior past users,
					changes in the
					social environment
					were a significant
					predictor with a p-
					value of .016. The
					variance accounted
					for in this behavior
					was 23.0%.
					Initiation of
					Telenealth Among
					Non-Users: Among
					non-users,
					significant
					predictors for
					initiation were
					participatory
					dialogue
					(advantages
					outweigning
					disadvantages)
					with a p-value of
					<.001 and
					behavioral
					confidence with a
					p-value of .027. The
					variance in
					initiation behavior
					for this group was
					16.9%.
					Sustenance of
					Telehealth Among
					Non-Users: For
					non-users, previous
					in-person
					treatment emerged
					as a significant
					predictor for

					sustenance with a
					p-value of .001. The
					variance explained
					in sustenance
					behavior was
					14.4%.
(Wells et al.,	United States.	Intentions to use	The study	Cross-sectional	Initiation of
2023) ⁶⁶		telehealth/telemedicine	involved 243	study.	Telehealth Use
		among veterinarians.	veterinarians.	-	Among
		_			Veterinarians: In
					the final model for
					initiation, none of
					the Multi-Theory
					Model (MTM)
					constructs were
					found to be
					significant. The
					model explained
					8.4% of the
					variance in the
					initiation of
					telehealth use
					among
					veterinarians.
					Sustenance of
					Telehealth Use
					Among
					Veterinarians: For
					the sustenance of
					telehealth use,
					emotional
					transformation was
					the only significant
					MTM construct
					with a p-value of
					<0.001. The model
					explained 25% of
					the variance in
					sustaining
					telehealth use
					among
					veterinarians.
(Panjwani et	Mangaluru,	Toothbrushing behavior	224	Exploratory	The study assessed
al., 2021)°'	Karnataka,	among dental and	undergraduate	cross-sectional	the MTM's
	India.	medical students.	students	study using a	adaptability in
			pursuing	modified MTM	predicting
			medicine and	questionnaire.	toothbrushing
			dentistry.		benavior. It
					concluded that the
					Indian version of
					INTINI IS a reliable
					and Vallo
					monocuring the
					initiation and
					initiation and
					sustenance of
					toothbrushing
					benavior among
(Dentities in i	N data and here	The study from 1 1	The etcody	An ar shat t	inese students.
(Panjwani et	iviangaluru,	ine study focused on the	ine study	An analytical	Initiation of I wice-
al., 2022)**	Karnataka,	of twice deily to the	largered	cross-sectional	Daily reeth
	india.	or twice-dally teeth	undergraduate	study.	Brushing Benavior:
		brushing behaviors.	students from		The study

			year one to year		conducted a
			five pursuing		hierarchical
			Medicine and		multiple regression
			Dentistry at a		analysis to
			university. A		understand the
			total of 229		factors influencing
			students		the initiation of
			participated in		twice-daily teeth
			the study.		brushing among
					students.
					Behavioral
					confidence was
					identified as a
					significant
					predictor,
					contributing to
					12.4% of the
					variance in this
					behavior with a p-
					value of <0.001.
					Subsequently, the
					addition of
					academic
					progression as a
					variable explained
					an additional 15.6%
					of the variance.
					Furthermore,
					incorporating
					sleeping habits into
					the model
					accounted for an
					extra 17.2% of the
					variation. Overall,
					these three
					variables combined
					explained a total of
					45.2% of the
					variance in the
					initiation of twice-
					daily teeth
					brushing behavior,
					with each change
					in the model
					showing significant
					p-values of <0.001.
					The aspect of
					sustenance of this
					behavior was not
					explicitly included
					in their analysis.
(Sharma et	United States.	Flossing behavior among	The study	Cross-sectional	Initiation of
al., 2022f) ⁶⁹		minority adolescents.	targeted African	and analytical	Flossing Behavior
			American/Black	, study.	Among Participants
			and	-	Who Were Not
			Latinx/Hispanic		Flossing: In the
			adolescents aged		final model for
			10–17 years,		these participants,
			with a total of		behavioral
			520 participants.		confidence was a
					significant
					predictor with a p-
					value of <0.001

					This was del
					INIS MODEL
					explained 33.5% of
					initiation of flooring
					habaviar
					Sustanance of
					Among Darticipants
					Mho Woro Not
					Flossing: For the
					riussing. Fui the
					flossing behavior
					among these
					narticinants the
					final model
					identified
					emotional
					transformation (p <
					0.05), practice for
					change ($p < 0.001$).
					and changes in the
					social environment
					(p < 0.05) as
					significant
					predictors. The
					model explained
					37.8% of the
					variance in
					sustaining flossing
					behavior.
(Knowlden	A large	Initiation and sustenance	College students	Cross-sectional	Initiation of
et al.,	Southern	of adequate sleep	at the university,	study using a	Adequate Sleep
2017) ⁷⁰	public	behavior in college	with a total of	survey based	Behavior: The
	university in	students.	151 participants.	on the Multi-	initiation model
	the United		The study	Theory Model	revealed that
	States.		focused on those	(MTM) of	behavioral
			who were not	health	confidence was the
			currently	behavior	only significant
			receiving	change.	predictor,
			adequate sleep.		explaining 24.4% of
					the variance in the
					behavioral
					initiation of
					adequate sleep
					significance of
					behavioral
					confidence was
					strong with a n-
					value of < 0.001
					Sustenance of
					Adequate Sleep
					Behavior: In the
					sustenance model
					several predictors
					were significant.
					Emotional
					transformation (p =
					0.001), practice for
					change (p < 0.001),
					and changes in the
					social environment
					(p = 0.023) were all

1						
						found to be significant predictors of behavioral sustenance for adequate sleep behavior. Collectively, these constructs accounted for 34.2% of the variance in sustaining adequate sleep behavior.
	(Sharma et al., 2020b) ⁷¹	Dental college in India.	Inadequate sleep patterns.	535 dental students, predominantly female (74.4%).	Cross-sectional survey.	Initiation of Adequate Sleep Behavior: In this study, the initiation of adequate sleep behavior among Indian dental students was significantly predicted by behavioral confidence. This factor was associated with a p-value of 0.019 and contributed to an adjusted variance of 3.9% in the model. Sustenance of Adequate Sleep Behavior: For the sustenance of adequate sleep behavior, emotional transformation emerged as a significant predictor, with a p- value of 0.047. It explained an adjusted variance of 9.0% in the model's predictive capacity.
	(Sharma et al., 2017) ⁷²	A large public university in the Southeastern United States.	Initiating and sustaining the consumption of plain water instead of sugar- sweetened beverages among college students.	College students reported consuming at least one sugar- sweetened beverage in the past 24 hours. The study included 174 participants.	Cross-sectional study using a Multi-Theory Model (MTM)- based survey.	Initiation of Plain Water Consumption: The significant predictors for the initiation of plain water consumption were behavioral confidence and changes in the physical environment, each

					with a p-value of
					0.001. These
					predictors
					collectively
					explained 61.8% of
					the variance in the
					initiation of this
					behavior change.
					Sustenance of Plain
					Water
					Consumption: For
					the sustenance of
					plain water
					consumption, the
					significant
					predictors were
					emotional
					transformation and
					practice for
					change, both with
					p-values of 0.001.
					These factors
					accounted for
					58.3% of the
					variance in
					sustaining the
/Ch	Netterrel	Change in angen	L ha ha a sa ta s	Care an atting at	benavior change.
(Sharma et	National Conitol Decion	Change in sugar-	University	Cross-sectional	Initiation of SSB
al., 2020a) ^{, s}		sweetened beverage	students in the	study using	Consumption
	(NCR) Of	(SSB) consumption	NCR of India, 267	the Multi-	Behavior Change:
	india.	benavior among	participants.	I neory Wodel	In the study, the
		university students.		(IVITIVI) for	significant
				health	predictors for the
				change	miliation of sugar-
				change.	boyorago (SSB)
					consumption
					behavior change
					among Indian
					university students
					were participatory
					hebavioral
					confidence
					Participatory
					dialogue had a n-
					value of 0 004
					while behavioral
					confidence had a n-
					value of <0.001
					These predictors
					together explained
					16.7% of the
					variance in the
					initiation of SSB
					consumption
					behavior change.
					Sustenance of SSB
					Consumption
					Behavior Change:
					For the sustenance
					of SSB
					consumption

r				1	
					behavior change, the significant predictors were emotional transformation and changes in social environment. Emotional transformation had a p-value of <0.001, and changes in social environment had a p-value of 0.002. These factors accounted for 30.2% of the variance in the sustenance of SSB consumption behavior change.
(Sharma et	United States.	Mammography	374 Asian	Cross-sectional	Initiation of
al., 2021e) ⁷⁴		screening among Asian	American	study using a	Mammography
		American women.	women aged 45–	44-item	Screening: In the
			54 years.	questionnaire.	study on Asian
					participatory
					dialogue,
					behavioral
					confidence, and
					physical
					environment were
					significant
					predictors for
					mammography
					screening. These
					factors explained
					49.9% of the
					decision-making,
					with p-values of
					<0.05 for
					participatory
					<0.001 for both
					behavioral
					confidence and
					changes in the
					environment.
					Sustenance of
					Mammography
					Screening: For
					sustaining mammography
					screening,
					emotional
					transformation and
					practice for change
					significant
					predictors,

					accounting for
					53.9% of the
					variance. Both
					factors had n-
					values of < 0.001
(Sharma at	Lipited States	Mammagraphy	Hispanis women	Cross soctional	Initiation of
	United States.			cross-sectional	Mananaanan
al., 2022c) ^{/3}		screening benavior	aged 45-54	study using a	iviammography
		among Hispanic	years.	50-item web-	Screening: In the
		American women.		based survey.	final model for
					initiation of
					mammography
					screening,
					participatory
					dialogue and
					changes in the
					changes in the
					physical
					environment were
					significant
					predictors with p-
					values < 0.05, while
					behavioral
					confidence had a p-
					value < 0.001 . This
					model accounted
					for 22 4% of the
					variance
					variance.
					Sustenance of
					Mammography
					Screening: For the
					sustenance model,
					only practice for
					change and
					changes in the
					social environment
					woro significant
					were significant
					predictors, both
					with p-values <
					0.001, explaining
					52.7% of the
					variance.
(Sharma et	United States.	Cervical cancer	364 minority	Cross-sectional	Initiation of
al., 2022a) ⁷⁶		screening (Pap test)	women.	study using a	Cervical Cancer
		among minority women.		survey.	Screening: In the
				,	study, participatory
					dialogue
					hohavioral
					confidence, and
					changes in the
					physical
					environment were
					significant
					predictors for
					initiating cervical
					cancer screening.
					Participatory
					dialoguo and
					changes in the
					changes in the
					physical
					environment had a
					p-value of <0.05,
					and behavioral
					confidence had a p-
					value of <0.001.

					These was distant
					These predictors
					accounted for
					49.5% of the
					variance in
					initiating Pap test
					behavior.
					Sustenance of
					Cervical Cancer
					Cereoning
					Screening:
					Emotional
					transformation,
					practice for
					change, and
					changes in the
					social environment
					were significant
					nredictors for
					sustaining Pan tost
					sustaining Papitest
					benavior every
					three years.
					Emotional
					transformation and
					practice for change
					had p-values of
					<0.001. changes in
					the social
					environment had a
					μ -value of <0.05.
					These factors
					explained 73.6% of
					the variance.
(Sharma et	The study was	The research focused on	The study	This was a	Among Individuals
al., 2023) ⁷⁷	conducted	the behavior of seeking	included 640 U.S.	cross-sectional	Who Have Never
	across the	stool-based tests for	adults aged 45–	study utilizing	Had Any Form of
	United States.	colorectal cancer (CRC)	75 years who	an online 57-	Colorectal Cancer
		screening.	understand	item	Screening: In this
			English The	questionnaire	group the model
			sample was	with	accounted for
			divorco	octabliched	49.1% variance in
			uiverse,	established	
			representing the	psychometric	the intent to seek
			current U.S.	validity to	stool-based CRC
			population	collect	screening tests.
			demographics.	responses.	The significant
					constructs
					influencing this
					behavior were
					participatory
					dialoguo
					hohovioral
					confidence, and
					changes in the
					social environment,
					each with a p-value
					of <0.05.
					Among Individuals
					Who Have Had Any
					Form of Coloractal
					Cancer Screening in
					the Devis Freehing In
					the Past: For this
					group, the model
					accounted for
					60.9% variance in
					the intent to seek

r		1			
					stool-based CRC
					screening tests.
					The significant
					constructs
					influencing this
					benavior were
					participatory
					dialogue,
					benavioral
					confidence, and
					changes in the
					social environment,
					of <0.001
(Sharma et		Initiating and sustaining	College students	Cross-sectional	Initiation of
al 2018b) ⁷⁸		responsible drinking or	who hinge drank	study utilizing	Responsible
al., 20100)	the	abstinence among	within the nast	a Multi-Theory	Drinking or
	Southeastern	college students who	30 days A total	Model (MTM)	Abstinence: The
	United States	hinge drink	of 289 students	approach	study identified
	office States.	binge drink.	narticinated in	approach.	race/ethnicity (n -
			the study		0.004 behavioral
			the study.		confidence (n =
					0.029 and
					changes in the
					nhysical
					environment (p =
					0.001) as significant
					predictors in the
					initiation model.
					accounting for 20%
					of the variance in
					the intention to
					start responsible
					drinking or
					abstinence
					Sustenance of
					Responsible
					Drinking or
					Abstinence: For
					sustaining this
					behavior the
					significant
					predictors in the
					final model were
					race/ethnicity (p <
					0.001) and practice
					for change ($p <$
					0.001), also
					explaining 20% of
					the variance in the
					continuation of
					responsible
					drinking behaviors.
(Claros et al.,	Mental health	Substance use behavior	93 participants	Cross-sectional	Initiation of
2020) ⁷⁹	clinic-based	change.	who completed	design using a	Substance Use
,	setting.		treatment at a	newly	Cessation: The
	Ĭ		substance use	developed	study identified
			treatment	self-	participatory
			facility, majority	administered	dialogue
			Caucasian	questionnaire.	(advantages minus
			(72.7%) and		disadvantages) and
			male (60%).		behavioral
					confidence as

					significant predictors for
					initiating substance
					use cessation.
					These predictors
					accounted for a
					total variance of
					34.2%.
					dialogue had a n-
					value of 0.001, and
					behavioral
					confidence had a p-
					value of less than
					0.001.
					Sustenance of
					Cessation: For the
					sustenance of
					substance use
					cessation, the
					significant
					predictors were
					and changes in the
					social environment.
					accounting for
					33.0% of the total
					variance. The p-
					values for practice
					for change and
					social environment
					were 0.004 and less
					than 0.003,
					respectively.
(Sharma et	Large public	Handwashing behavior	713 college	Cross-sectional	Initiation of
al., 2021a) ⁸⁸	university in	among college students	students, 70.3%	survey using	Handwashing Robavier: The
		nandemic	age 24 61 years	Theory Model	significant
	0.5.	pundernie.	predominantly	(MTM) of	predictors were
			, white (74.3%).	health	behavioral
				behavior	confidence
				change.	(p<0.01) and
					participatory
					dialogue (p<0.05),
					the variance in the
					behavior among
					those not following
					handwashing
					recommendations.
					Sustenance of
					Handwashing Behavior:
					Emotional
					transformation
					(p<0.01), practice
					for change
					(p<0.01), and
					changes in the
					social environment $(n<0.05)$ were
					(p<0.05) were

					· · · · ·
					significant
					predictors,
					accounting for
					45.1% of the
					variance in the
					likelihood of
					maintaining
					handwashing
					behavior.
(Sharma et	Southeastern	Adherence to Positive	138 newly	Cross-sectional	Initiation of PAP
al 2021b) ⁸¹	United States	Airway Pressure (PAP)	diagnosed sleen	study using a	Therany
01., 20210)	private sleep	therapy in pewly	annea natients	Al_item Multi-	Adherence: The
	contor	diagnosod sloop appoa		Theory Model	study oxamined the
	center.	nationts	thorapy		initiation of
		patients.	шегару.	(IVITIVI)	
				instrument.	positive all way
					pressure (PAP)
					therapy adherence
					among newly
					diagnosed sleep
					apnea patients. The
					significant
					predictors for
					initiation were
					participatory
					dialogue,
					behavioral
					confidence, and
					changes in the
					physical
					environment.
					contributing to
					53.5% of the
					variance in
					therany
					Participatory
					dialoguo had a n
					value of 0.014
					value of 0.014,
					benavioral
					confidence had a p-
					value of <0.001,
					and changes in the
					physical
					environment had a
					p-value of 0.001.
					Sustenance of PAP
					Therapy
					Adherence: For
					sustaining PAP
					therapy adherence,
					emotional
					transformation,
					changes in the
					social environment,
					and practice for
					change were the
					significant
					predictors. These
					factors accounted
					for 60 6% of the
					variance in the
					thorapy adherence
1	1		1	1	merapy adherence.

					Emotional transformation had a p-value of <0.001, changes in the social environment had a p-value of
					0.016, and practice for change had a p- value of 0.047.
(Davis et al., 2021) ⁸²	Large public university in the Southeastern U.S.	Mask-wearing behaviors among college students during COVID-19.	595 college students, predominantly female (73.4%) and White (71.2%).	Cross-sectional electronic survey.	value of 0.047.Initiation of Mask-Wearing Behavior:In the study byDavis et al., thesignificantpredictors forinitiating mask-wearing behavioramong collegestudents wereparticipatorydialogue(advantages-disadvantages)with a p-value of0.010, behavioralconfidence with ap-value of <0.001,
al., 2021g) ⁸³		Florida residents.	population, 1284 participants, various demographics.	study using a web-based survey.	Sunscreen Use: The study found that participatory dialogue, behavioral confidence, and

r		r	r	r	r
					changes in the physical environment were significant predictors for initiating sunscreen use among Florida residents. These predictors accounted for 73.6% of the variance in the initiation of sunscreen use, with p-values of <0.05 for participatory dialogue and <0.001 for both behavioral confidence and changes in the physical environment. Sustenance of Sunscreen Use: For sustaining sunscreen use, emotional transformation, practice for change, and changes in the social environment were identified as significant predictors, explaining 59% of the variance. Each of these factors had a p-value of
(Sharma et	United States.	Meditation intention	330 U.S. adults,	Cross-sectional	Initiation of
al., 2021h) ⁸⁴		among U.S. adults.	with a significant proportion of older adults (mean age 65.02 years), predominantly White (92.8%), and unemployed (71.3%).	study using a web-based survey.	Meditation Behavior: The study identified participatory dialogue and behavioral confidence as significant predictors for initiating meditation behavior, accounting for 39.5% of the variance. Participatory dialogue had a p- value of 0.002, and behavioral confidence had a p- value of less than

(Hayes et al., 2022) ⁸⁵	Jackson State University, Jackson, Mississippi, United States.	Yoga practice among college students.	70 college students, mean age 28.62 years, predominantly female (84%) and black (87%).	Cross-sectional study using a 36-item questionnaire.	0.001. Sustenance of Meditation Behavior: For sustaining meditation behavior, emotional transformation and changes in the social environment were significant predictors, explaining 60.4% of the variance. Emotional transformation had a p-value of less than 0.001, and changes in the social environment had a p-value of less than 0.001. Initiation of Yoga Practice: In Hayes et al.'s study, the initiation of yoga practice among college students was significantly predicted by changes in the physical environment (p = .002) and behavioral confidence (p = .008), explaining 40% of the variance in initiating yoga practice. For maintaining yoga practice, the study identified practice for change as a significant predictor, accounting for 46% of the variance (p = .0001).
(Sharma et al., 2022e) ⁸⁶	Northern India.	Screen time (ST) behavior among preschoolers.	The study involved a convenience quota sample of 72 North Indian parents of 2 to 5- year-old preschoolers.	Cross-sectional survey.	Initiation of Reducing Screen Time Behavior: The final model explained 33.4% of the variance in the initiation of reducing screen
					time behavior. The significant predictors were

(Wilkerson et al., 2023) ⁸⁷ The study was conducted at two large public universities in the south- central and southeastern United States.The research examined the behavior of indoor tanners, The study.The study was the behavior of indoor tanners, The study.The study included 254 college students.This was a transformation (p < 0.001), practice for change (p < 0.001), and changes in the average age was 22.08 years, with a southeastern United States.The study included 254 college students.This was a transing cessation. Tanning cessation.		1				
(Wilkerson et al., 2023) ⁸⁷ The study was conducted at two surprises in the south- central and southeastern United States.The research examined included 23 the behavior of indoor tanners, The awarage age was 2.0.8 years, with a southeastern United States.The research examined the behavior of indoor tanners, The awarage age was 2.0.8 years, with a majority being female (90.6%) and White (87.4%).This was a transformation (p < tool), practice of the model surprises in the indiation of indoor fanning conducted at the south- central and southeastern United States.The research examined the behavior of indoor tanners, The awarage age was 2.0.8 years, with a majority being (Gr.4%).This was a transformation (p < tool), practice of transing cessation among tansing cessation among tanses the southeastern United States.The study the south- central and a majority being (Gr.4%).This was a transformation (p tool), practice of transformation (p tool), practice of tansing cessation. The study wing a validated the behavior of indoor tanners. The awarage age was 2.0.8 years, with a majority being tool and white (Gr.4%).This was a transformation of tansing cessation. The model accounted for the initiation of indoor tansing cessation. The study wing a p- value of tool and changes in the physical environment were significantly associated with the initiation of indoor tansing cessation. The study wing a p- value of tool and the physical environment were significantly associated with the initiation of indoor tansing cessation. The study wing a p- value of tool and the physical 						behavioral
(Wilkerson et al., 2023) ⁸⁷ The study was conducted at the behavior of indoor tanning cessation, college students.The study included 254 college students.The study included 254 college students.The study was included 254 college students.The study was included 254 college students.The study was included 254 college students.The study was included 254 college students.The study included 254 college students.This was a college s						changes in the
(Wilkerson et al., 2023) ⁸⁷ The study was two large public universitiesThe research examined the behavior of indoor tanning cessation college students.The study the study wilk a powlue of college studentsThe study the variance. The significant predictors were emotional transformation (p < 0.001, gractice for change (p < 0.001, and changes in the social environment, both with a powlue of college students.The study the variance. The significant predictors were emotional transformation (p < 0.001, gractice for change (p < 0.001, and changes in the social environment (p = 0.001).This was a this was a this was a the behavior of indoor tanning cessation among college students.The study the variance. The significant predictors were emotional transing cessation asses steinoal study using a validated tansing cessation.This was a the lititation of indoor tanning cessation asses steinoal study using a validated tanses settional study using a validated tanses the indoor tanning constructs.The model accounted for tansing cessation, each having a p value of c0.001.(Wilkerson taning cessation taning cessation taning cessation taning cessation and White (g7.4%).This was a the initiation of indoor tansing cessation, each having a p value of c0.001.(Wilkerson taning cessation, each having a p value of c0.001.The model accounted for taning cessation, each having a p value of c0.001.(Wilkerson taning cessation, each having a p value of c0.001.The model accounted for taning cessation, each having a p value of c0.001.<						physical
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(Wilkerson et al., 2023) 2023) 2023) 2023) 307The study was te al., conducted at te south- certral and southeastern United States.The research examined the behavior of indoor tanning cessation among oullege students.The study included 254 college students who were current indoor tanners. The availated for 60.3% variance in the initiation of accounted for accounted for current indoor tanners. The availated for 30.3% variance in the initiation of indoor tanners. The availated for 30.3% variance in the initiation of indoor tanners. The availated for 30.3% variance in tanners. The tanners. The tanners. The tanners. The tanne						with a p-value of
(Wilkerson et al., 2023) ⁸⁷ The study was conducted at two large public contral and southeastern United States.The research examined the behavior of indoor tanning cessation among college students.The study result and the study was college students.The study included 254 southeastern United States.The research examined the behavior of indoor tanning cessation among college students.The study result and southeastern United States.The research examined the behavior of indoor tanning cessation among college students.The study result and southeastern United States.The research examined the behavior of indoor tanning cessation among college students.The study result and southeastern United States.The research examined the south- central and southeastern United States.The research examined the south- (g7.4%).This was a result and sources to sources to college students.This was a result and sources to college students.This was a result and result and sources to result and result and result and<						<0.001.
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(Wilkerson et al., 2023) ⁸⁷ The study was conducted at 						Time Behavior: The
(Wilkerson et al., 2023)87The study was conducted at two large public universities in the south- central and southeastern United States.The research examined the behavior of indoor tanning cessation among college students.The study included 254 college studentsThis was a constructsInitiation of indoor tanning cessation. Participatory dialogue: advantages, behavioral constructs.The research examined the behavior of indoor tanning cessation among college students.The study included 254 college studentsThis was a constructs.Initiation of indoor tanning cessation. The model average age was a majority being female (90.6%) and White (87.4%).This was a constructs.Initiation of indoor tanning cessation. Participatory dialogue: advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation.(Wilkerson et al., 20.20, gears, with a majority being effemale (90.6%) and White (87.4%).The study indoor tanning constructs.The study advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning						final model for the
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(Wilkerson et al., 2023)87The study was conducted at two large public universities in the south- central and southeastern United States.The research examined the behavior of indoor taning cessation among college students.The study included 254 college students.This was a rorss-sectional taning cessation: The model accounted for do 3% variance in the initiation of indoor taning: central and southeastern United States.The research examined the behavior of indoor taning cessation among college students.The study included 254 college students survey to anajority being female (90.6%) and White (87.4%).This was a rorss-sectional survey to assess the average age was 22.08 years, with a majority being female (90.6%) and White (87.4%).Their was accounted for do 3% variance in the initiation of indoor taning cessation.Initiation general (90.6%) and White (87.4%).The survey to assess the advartages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor taning cessation, each having a p- value of <0.01. Sustemance of Indoor Taning						reducing screen
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Significant predictors were emotional transformation (p < 0.001), practice for change (p < 0.001), and changes in the social environment (p = 0.001).(Wilkerson et al., 2023) ⁸⁷ The study was two large public universities in the south- central and United States.The research examined the behavior of indoor tanning cessation among college students.The study included 254 college students who were current indoor tanners. The average age was 22.08 years, with a majority being female (90.6%) and White (87.4%).This was a constructs.Initiation of Indoor Tanning Cessation: The model survey to assess the average age was advantages, behavioral constructs.The model survey to assess the average age was the initiation of indoor tanning constructs.(gr.4%).Wite (gr.4%).Wole (MTM) constructs.Cessation. Participatory dialogue: advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustemance of Indoor Tanning						the variance. The
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(Wilkerson et al., 2023)87The study was conducted at two large publicThe research examined the behavior of indoor tanning cessation among college students.The study included 254 college studentsThis was a study using a validated study using a ourrent indoor indoor tanning cessation:The model accounted for study using a validated accounted for source to anning cessation:The model accounted for source to indoor tanning cessation:Universities in the south- central and southeastern United States.Intersence tanners in average age was 22.08 years, with a majority being female (90.6%) and White (87.4%).Model (MTM) censtructs.cessation: doaldage: advantages, davantages, idalogue: advantages, idalogue: advantages, idalogue: advantages, indoor tanning constructs.and changes in the social environment (p = 0.00).(Bill and White (Bill anning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning						change (p < 0.001),
Image: construct of the study was et al., conducted at the behavior of indoor tanning cessation among public universities in the south- central and south-astern United States.The research examined the behavior of indoor tanning cessation among college students.The study using a universities in the south- central and south-astern (United States.The study using a universities in the south- central and south-astern (United States.The study south-astern (S7.4%).The model of tanning cessation.United States.United States.Image: tanning cessation among college students.Multi-Theory (Constructs.)Multi-Theory (Constructs.)Addition of tanning cessation.United States.Image: tanning cessation among south-astern (S7.4%).Image: tanning cessation.Multi-Theory (Constructs.)Addition of tanning cessation.United States.Image: tanning cessation among south-astern (Br.4%).Image: tanning cessation.Multi-Theory (Constructs.)Participatory (Constructs.)Image: tanning cessation.Image: tanning cessation. </td <td></td> <td></td> <td></td> <td></td> <td></td> <td>and changes in the</td>						and changes in the
CWilkerson et al., 2023)87The study was conducted at two large public universities in the south- central and Southeastern United States.The research examined the behavior of indoor tanning cessation among college students.The study included 254 college studentsThis was a universities tanning cessation among college students.Initiation of Indoor tanning cessation among college studentsThe model accounted for 60.3% variance in tanning cessation.2023)87two large public universities in the south- central and southeastern United States.The research examined the south- central and southeastern United States.The study wing a validated average age was and white (87.4%).This was a college studentsInitiation of Indoor tanning cessation: accounted for survey to assess the average age was advantages, with a majority being female (90.6%) and White (87.4%).Model (MTM) cessation.Participatory dialogue: advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning						social environment
Import et al., 2023)87The study was conducted at two large public universities in the south- central and southeastern United States.The research examined the behavior of indoor tanning cessation among college students.The study included 254 college studentsThe model accounted for 60.3% variance in the initiation of indoor tanning cessation.2023)87two large public universities in the south- central and southeastern United States.the behavior of indoor tanning cessation among college students.included 254 included 254 current indoor tanners. The average age was 22.08 years, with a majority being female (90.6%) and White (87.4%).The model accounted for 60.3% variance in the initiation of indoor tanning cessation.202.08 years, with a majority being female (90.6%) and White (87.4%).Model (MTM) cessation.Participatory dialogue: advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning	(M/ill/oracia	The study was		The study	This was a	(p = 0.001).
Conducted at 2023)two large public universities in the south- central and southeastern United States.the behavior of middor tanning cessation among college students.interduced 24* college studentscollege students validated accounted for 60.3% variance in tanens. The average age was 22.08 years, with a majority being female (90.6%) and White (87.4%).the odel validated survey to advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor taning cessation.	(Wilkerson	The study was	the behavior of indoor	included 254	ross-sectional	Tanning Cessation:
Lots of public universities in the south- central and southeastern United States.college students.Lot who were who were current indoor tanners. The average age was 22.08 years, with a majority being female (90.6%) and White (87.4%).Autom of assess the Multi-Theory Model (MTM) cessation.Accounted for 60.3% variance in the initiation of indoor tanning cessation.United States.Initiation of average age was 22.08 years, with a majority being female (90.6%) and White (87.4%).Multi-Theory Model (MTM) constructs.Participatory dialogue: advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning	2023) ⁸⁷	two large	tanning cessation among	college students	study using a	The model
universities in the south- central and southeastern United States. United States.	2023)	public	college students.	who were	validated	accounted for
the south- central and southeastern United States.tanners. The average age was 22.08 years, with a majority being female (90.6%) and White (87.4%).assess the Multi-Theory Constructs.the initiation of indoor tanning cessation.0United States.Image: Nodel (MTM) (R14)Cessation.Participatory dialogue: advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning		' universities in	0	current indoor	survey to	60.3% variance in
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southeastern United States.22.08 years, with a majority being female (90.6%) and White (87.4%).Model (MTM) constructs.cessation. Participatory dialogue: advantages, behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning		central and		average age was	Multi-Theory	indoor tanning
United States. a majority being female (90.6%) and White (87.4%). (87.4%). behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning		southeastern		22.08 years, with	Model (MTM)	cessation.
Image (90.6%) Image (90.6%) and White advantages, (87.4%). behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001.		United States.		a majority being	constructs.	Participatory
(87.4%). behavioral confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning				and White		advantages
confidence, and changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning				(87.4%).		behavioral
changes in the physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning				(confidence, and
physical environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning						changes in the
environment were significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning						physical
significantly associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning						environment were
associated with the initiation of indoor tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning						significantly
tanning cessation, each having a p- value of <0.001. Sustenance of Indoor Tanning						associated with the
each having a p- value of <0.001. Sustenance of Indoor Tanning						tanning cessation
value of <0.001. Sustenance of Indoor Tanning						each having a p-
Sustenance of Indoor Tanning						value of <0.001.
Indoor Tanning						Sustenance of
						Indoor Tanning
Cessation: For the						Cessation: For the
sustenance of						sustenance of
indoor tanning cossition the						ressation the
model accounted						model accounted
for 44.7% variance.						for 44.7% variance.
Emotional						Emotional
transformation was						transformation was
the only construct						the only construct
that exhibited a						that exhibited a
significant rolationship with a						
relationship, with a						significant

(Kapukotuwa	The study was	The research examined	The study	This was a	Initiation of
et al.,	conducted at	gambling behavior	included	cross-sectional	Quitting Gambling
2023) ⁸⁸	a large	among university	university	study	Behavior: The
	university in	students.	students who	employing a	model accounted
	the		were current or	survey to	for 27.7% variance
	southwestern		past participants	assess the	in the likelihood of
	region of the		in gambling	Multi-Theory	initiating the
	United States.		activities.	Model (MTM)	behavior change.
				constructs.	Participatory
					dialogue,
					behavioral
					confidence, and
					changes in the
					physical
					environment were
					the significant
					constructs for
					initiation, with p-
					values of <0.0001,
					<0.0001, and
					0.0137,
					respectively.
					Sustenance of
					Quitting Gambling
					Behavior: The
					model accounted
					for 22.6% variance
					in the likelihood of
					sustaining quitting
					gambling behavior.
					Emotional
					transformation and
					practice for change
					were the significant
					constructs for
					sustenance, each
					with p-values of
					0.0003 and 0.0368,
					respectively.