

Supplemental Material 2. Measures

1. Beck Depression Inventory (BDI; Beck, Ward, Mendelson, Mock, & Erbaugh, 1961).
2. Behavioral Inhibition System/Behavioral Activation System (BIS/BAS; Carver & White, 1994)
3. Behavioural Regulation Exercise Questionnaire-version 2 (BREQ-2)
4. Demographic Information Questionnaire
5. Health Attitudes Questionnaire (modified from Fishbein, Triandis, Kanfer, Becker, & Middlestadt, 2001)
6. International Physical Activity Questionnaire (IPAQ; Craig et al., 2003)
7. Interpersonal Reactivity Index (IRI; Davis, 1983))
8. Mindful Attention Awareness Scale (MAAS; Brown & Ryan, 2003)
9. Positive and Negative Affect Scale (PANAS; Watson, Clark, & Tellegen, 1988)
10. RAND-36: Measure of Health Related Quality of Life (Hays & Morales, 2001)
11. Self-Efficacy for diet & exercise (Sallis; Sallis et al., 1988)
12. Social Connectedness and Social Assurance Scale
13. Social Support Survey
14. Treatment Self Regulation Questionnaire (TSRQ)
15. Socioeconomic Status (SES) Ladder
16. The Barratt Impulsiveness Scale (BIS-11; Patton et al., 1995)