

Table S1: Results of the partial least path square modelling with the calculated quality as dependent variable and the attitude, subjective norm and perceived behavioral control as independent variables of the inner model: R squared, goodness of fit index (GoF, geometric mean of the average communality and the R squared value), path coefficients and p-values, and variance inflation factors (VIF) and weights of the variables of the outer model (n = 663) (own representation).

Restrictions on outdoor activities (calculated quality)		R squared	GoF			
		0.928	0.752			
Inner model			Outer model			
Construct	Path coefficient	p-value	Indicator	VIF	Weight	
Attitude	0.494	4.37E-186	Close family	2.256	0.294	
			Wider family and friends	2.748	0.296	
			Colleagues at work	2.197	0.279	
			Society in general	2.444	0.297	
Subjective norm	0.184	2.31E-66	Close family	1.984	0.378	
			Wider family and friends	2.265	0.355	
			Colleagues at work	1.483	0.303	
			Society in general	1.289	0.229	
Perceived behavioural control	0.115	1.54E-153	Close family	1.159	0.369	
			Wider family and friends	1.373	0.348	
			Colleagues at work	1.206	0.361	
			Society in general	1.419	0.364	
Tips for hygiene (calculated quality)		R squared	GoF			
		0.893	0.761			
Inner model			Outer model			
Construct	Path coefficient	p-value	Indicator	VIF	Weight	
Attitude	0.514	6.86E-105	Close family	2.535	0.289	
			Wider family and friends	3.000	0.295	
			Colleagues at work	2.231	0.283	
			Society in general	2.188	0.288	
Subjective norm	0.228	2.12E-29	Close family	2.390	0.334	
			Wider family and friends	2.620	0.320	
			Colleagues at work	2.075	0.304	
			Society in general	1.620	0.244	
Perceived behavioural control	0.375	1.38E-100	Close family	1.233	0.355	
			Wider family and friends	1.431	0.368	
			Colleagues at work	1.486	0.339	
			Society in general	1.471	0.343	
Tips for mental health (calculated quality)		R squared	GoF			
		0.971	0.878			
Inner model			Outer model			
Construct	Path coefficient	p-value	Indicator	VIF	Weight	
Attitude	0.469	1.35E-203	Close family	4.738	0.277	
			Wider family and friends	5.816	0.282	
			Colleagues at work	3.649	0.266	
			Society in general	3.120	0.262	
Subjective norm	0.249	3.79E-87	Close family	3.959	0.297	
			Wider family and friends	4.904	0.302	
			Colleagues at work	2.789	0.268	
			Society in general	2.228	0.255	
Perceived behavioural control	0.410	3.16E-217	Close family	2.238	0.308	
			Wider family and friends	2.957	0.299	
			Colleagues at work	2.435	0.274	
			Society in general	2.409	0.284	