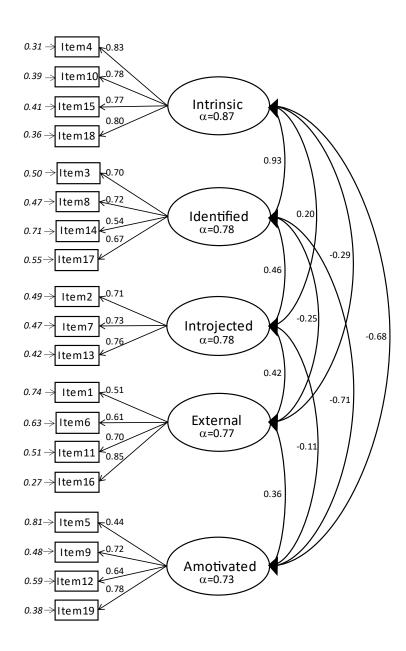
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## Online Resource 5: BREQ-2 psychometric properties



Results from confirmatory factor analysis (n=447): Numbers indicate correlations between items and their corresponding factors, and among factors. Left-hand numbers in italics show item error variances. Cronbach's alpha ( $\alpha$ ) for each factor indicates internal consistency (reliability).

Abbreviation: BREQ-2: Behavioral Regulation in Exercise Questionnaire-2