# **Knowledge and Beliefs**

Condition-Specific Knowledge Personal Perceptions Self-Efficacy Outcome Expectancy Goal Congruence



Self-Regulation Skill and Ability

**Goal Setting** 

Self-Monitoring & Reflective Thinking Decision Making

Planning & Plan Enactment Self-Evaluation

Management of Emotional Response



# **Social Facilitation**

Influence Support (Emotional, Instrumental, Informational)



Engagement in Self-Management Behavior

Physical Activity Participation Distal Outcome

**Health Status** 

# **Health Behavior Change In Populations**

**Lei Huang** 

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