

Exploring parents' physical activity motivation during the COVID-19 pandemic: a mixed methods study from a self-determination theory perspective

Authors

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Table S1. Correlations between study variables and internal consistency for the BREQ-2 subscale at Wave 0

	Gender	Age group	BMI	Amotivation	External regulation	Introjected regulation	Introjected regulation	Intrinsic regulation	MVPA
Gender	-								
Age group	-0.07	-							
BMI	-0.11	-0.01	-						
Amotivation	0.02	-0.08	0.15	.82					
External regulation	0.00	-0.01	0.25	0.33	.75				
Introjected regulation	0.10	-0.10	0.01	-0.19	0.15	.79			
Identified regulation	-0.03	0.04	-0.29	-0.47	-0.18	0.43	.85		
Intrinsic regulation	-0.03	-0.01	-0.29	-0.42	-0.24	0.22	0.77	.80	
MVPA	-0.16	0.05	-0.09	-0.13	-0.07	-0.02	0.21	0.19	-

Note: Internal consistencies (α) for the BREQ-2 are presented on the diagonal in bold italics.

Table S2. Correlations between study variables and internal consistency for the BREQ-2 subscale at Wave 1

	Gender	Age group	BMI	Amotivation	External regulation	Introjected regulation	Introjected regulation	Intrinsic regulation	MVPA
Gender	-								
Age group	-0.14								
BMI	-0.04	-0.04							
Amotivation	-0.10	-0.12	0.25	.86					
External regulation	-0.08	-0.09	0.29	0.54	.81				
Introjected regulation	0.06	-0.11	0.21	0.04	0.30	.79			
Identified regulation	0.02	0.06	-0.21	-0.34	-0.08	0.34	.82		
Intrinsic regulation	-0.03	0.04	-0.31	-0.26	-0.15	0.04	0.73	.93	
MVPA	-0.11	0.10	-0.15	-0.11	-0.05	-0.08	0.10	0.11	-

Note: Internal consistencies (α) for the BREQ-2 are presented on the diagonal in bold italics.

Table S3. Correlations between study variables and internal consistency for the BREQ-2 subscale at Wave 2

	Gender	Age group	BMI	Amotivation	External regulation	Introjected regulation	Identified regulation	Intrinsic regulation	MVPA
Gender	-								
Age group	-0.09	-							
BMI	-0.01	-0.08	-						
Amotivation	-0.10	0.01	0.16	.83					
External regulation	-0.05	-0.09	0.13	0.49	.83				
Introjected regulation	0.13	-0.17	0.15	0.08	0.34	.78			
Identified regulation	0.03	-0.02	-0.24	-0.30	-0.04	0.37	.80		
Intrinsic regulation	-0.02	-0.09	-0.24	-0.31	-0.07	0.14	0.70	.93	
MVPA	-0.12	0.03	-0.23	-0.15	-0.06	0.07	0.22	0.20	-

Note: Internal consistencies (α) for the BREQ-2 are presented on the diagonal in bold italics.

Table S4. Missing data for all study variables across Waves 0, 1 and 2.

	Wave 0 (Total N=1296)	Number of participants with missing data	
		Wave 1 (Total N=)	Wave 2 (Total N=)
Gender	208	5	7
Age group	233	5	7
BMI	302	93	106
Amotivation	252	28	32
External regulation	254	28	31
Introjected regulation	251	29	30
Identified regulation	251	27	32
Intrinsic regulation	252	27	32
MVPA	404	111	133