

Examining real-time physical activity in adolescents using the Multi-Process Action Control Model: An ecological momentary assessment study

Purpose

- To examine real-time associations between reflective, regulatory, and reflexive factors related to MVPA among adolescents using ecological momentary assessment (EMA).

Method

- N = 190 adolescents ($M_{\text{age}} = 15.8 \pm .5$ years; $n = 101$ boys) completed 5 EMAs daily for 7-days assessing reflective, regulatory, and reflexive processes.
- MVPA measured using ActiGraph GT9X Link accelerometers 60-min post-prompt.

Results

- Having **higher motivation** in general was associated more MVPA and higher likelihood of engaging in ≥ 10 minutes of MVPA.
- **Higher motivation** than one's typical level was associated with more MVPA minutes and higher likelihood of engaging in ≥ 10 minutes of MVPA.
- Engaging in an activity **not typical for a person** at the time of the prompt was associated with more MVPA minutes and higher likelihood of engaging in ≥ 10 minutes of MVPA.

Results provide partial empirical support for the Multi-Process Action Control framework.