**Action Planning Makes Physical Activity More Automatic, Only If it Is Autonomously**

**Regulated: A Moderated Mediation Analysis**


**Supplementary material**

**Table S1.** Moderated mediation models with controlled motivation as the moderating variable.

**Table S2.** Sensitivity analysis with participants having a moderate-to-strong intention to be physically active (N = 85).

**Table S3.** Sensitivity analysis adjusting for age, sex and body mass index.

**Table S1.** Moderated mediation models with controlled motivation as the moderating variable.

|  | β (SE) | t | p-value |
|---|---|---|---|
| **a path** | | | |
| Independent variable | .49 (.08) | 6.17 | < .001 |
| Action planning × Controlled motivation | .03 (.07) | 0.38 | .703 |
| **b path** | | | |
| Automaticity | .31 (.10) | 3.21 | .002 |
| Automaticity × Controlled motivation | .05 (.09) | 0.59 | .558 |
| **c' path** | | | |
| Direct effect | .16 (.10) | 1.70 | .092 |
| Direct effect × Controlled motivation | -.13 (.09) | 1.48 | .143 |
| **c path** | | | |
| Total effect | .32 (.09) | 3.65 | < .001 |
| Total effect × Controlled motivation | -.10 (.08) | 1.22 | .225 |

*Note.* Standardized β coefficients, standard-errors (SE), *t*-values are reported.

**Table S2.** Sensitivity analysis with participants having a moderate-to-strong intention to be physically active (N = 85).

| | β (SE) | t | p-value |
|---|---|---|---|
| **Simple mediation models** | | | |
| *a* **path** | .31 (.10) | 3.00 | .004 |
| *b* **path** | .26 (.11) | 2.30 | .024 |
| *c'* **path** | .11 (.11) | 1.00 | .321 |
| *c* **path** | .19 (.11) | 1.76 | .081 |
| **Moderated mediation models** | | | |
| *a* **path** | | | |
| Action planning | .27 (.10) | 2.61 | .011 |
| Action planning × autonomous motivation | .20 (.10) | 2.01 | .048 |
| *b* **path** | | | |
| Automaticity | .24 (.13) | 1.86 | .067 |
| Automaticity × autonomous motivation | -.02 (.13) | .01 | .893 |
| *c'* **path** | | | |
| Direct effect | .18 (.12) | 1.48 | .142 |
| Direct effect × autonomous motivation | .11 (.12) | 0.93 | .357 |
| *c* **path** | | | |
| Total effect | .12 (.13) | 0.92 | .361 |
| Total effect × autonomous motivation | .07 (.13) | 0.51 | .611 |

*Note.* Standardized β coefficients, standard-errors (SE), *t*-values are reported.

**Table S3.** Sensitivity analysis adjusting for age, sex and body mass index.

| | β (SE) | *t* | *p*-value |
|---|---|---|---|
| **Simple mediation models** | | | |
| *a* **path** | .45 (.08) | 5.45 | < .001 |
| *b* **path** | .30 (.10) | 3.15 | .002 |
| *c'* **path** | .11 (.10) | 1.17 | .243 |
| *c* **path** | .25 (.09) | 2.78 | .006 |
| **Moderated mediation models** | | | |
| *a* **path** | | | |
| Action planning | .28 (.08) | 3.45 | .001 |
| Action planning × autonomous motivation | .22 (.10) | 2.24 | .027 |
| *b* **path** | | | |
| Automaticity | .29 (.11) | 2.70 | .008 |
| Automaticity × autonomous motivation | .08 (.14) | .09 | .601 |
| *c'* **path** | | | |
| Direct effect | .11 (.10) | 1.06 | .293 |
| Direct effect × autonomous motivation | .01 (.15) | 0.09 | .931 |
| *c* **path** | | | |
| Total effect | .19 (.10) | 1.90 | .060 |
| Total effect × autonomous motivation | .13 (.12) | 1.07 | .287 |

*Note.* Standardized β coefficients, standard-errors (SE), *t*-values are reported. Any covariate

was significantly associated with the dependent variables in these analyses.