VERSION 2

The CRAVE and ARGE Scales for motivation states for physical activity and sedentarism: Brazilian Portuguese translation and single-item versions

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ABSTRACT

Motivation states for physical activity and sedentarism potentially vary from moment to moment. The CRAVE scale (Cravings for Rest and Volitional Energy Expenditure) was developed to assess transient wants and desires to move. Three studies were conducted with the aims of: 1) translating and validating the scale in Brazilian Portuguese, 2) examining changes with exercise, and 3) determining the best single-item for Move and Rest subscales for English and Portuguese. In Study 1, six bilingual speakers translated the scale into Brazilian Portuguese (named *Anseios por Repouso e Gastos com Energia* [ARGE]). The ARGE had good content validity coefficients across three dimensions (.89-.91), as determined by three independent, bilingual referees. 1,168 participants (mean age = 30.6, SD = 12.2) from across Brazil completed an online version of the ARGE. An Exploratory Factor Analysis found two clear, oblique, and inversely related factors (Move and Rest; GFI = 1.00, RMSR = .03). Reliability was good (Cronbach α's: .93 and .92). Two models of the scale (10 versus 13 items) were compared with Confirmatory Factor Analysis. The previously validated version using 10 scored items (GFI = 1.00, RMSEA = .07, RMSR = .02) outperformed the version scored with 13 items. State anxiety and exercise behavior had small associations with Move and Rest (-.20 to .26). In Study 2, ARGE Move scores had high correspondence post-session (ICC = .83) for 9 women performing short Sprint Interval Training (sSIT; 6 sessions). Large, but non-significant, effects were detected for changes in motivation states with sSIT. In Study 3, IRT analyses found that for the USA sample, "be physically active" and "be still" were the most representative items for Move and Rest, respectively, while for the Brazil sample they were "exert my muscles" and "be a couch potato". Overall, it was found that: A) the ARGE scale demonstrated good psychometric properties, B) the original scoring (with 10 items) resulted in the best model, C) it had small associations with exercise behavior, and D) the sub-scales were reduced to single items that varied by country, indicating potential cultural differences in the concept of motivation states for physical activity.

KEY WORDS

Affectively charged motivation states, motivation, physical activity, exercise, sedentary behavior, psychometrics, sprint interval training, depression

INTRODUCTION

Physical inactivity and sedentarism are problems of worldwide proportions (Guthold et al., 2018), leading to numerous health problems (Lee et al., 2012). In the USA, small improvements have been made but, overall, the percentage of the population meeting activity guidelines is low (Ussery et al., 2021, Hyde et al., 2021). There is also a growing physical inactivity pandemic in Brazil (Jaarsma et al., 2013), which has the highest rate of physical inactivity in Latin America at 47% (Guthold et al., 2018). It also one of five countries in the world where physical inactivity is increasing the fastest (> 15% from 2001 to 2016), perhaps due to rapid urbanization (Guthold et al., 2018). Physical inactivity and sedentarism result from many factors, including environmental, social, and intra- and inter-personal factors (Bauman et al., 2012). While cognitive explanations have dominated the literature, there has been a turn to affective/emotion-based theories (Williams et al., 2019, Stevens et al., 2020, Williams, 2023), as well as motivational theory (Michie et al., 2011, Stults-Kolehmainen et al., 2020). Indeed, one of the strongest predictors of physical inactivity / sedentarism is motivation (Mayo et al., 2022). Motivation for physically active and sedentary behaviors, including exercise, has typically been conceptualized in terms of motives, or viewed as a stable trait, often in light of self-determination theory (Ryan and Deci, 2007, Stults-Kolehmainen et al., 2013a, Stults-Kolehmainen et al., 2013b, Kilpatrick et al., 2005). However, newer models of behavior view motivation as a state that varies from moment to moment (Hofmann et al., 2012a, Hofmann et al., 2012b, Hofmann and Van Dillen, 2012, Frijda, 2010, Frijda et al., 2014).

The concepts of affect, emotion, and motivation intersect within the theory of affectively-charged motivation states (ACMS) (Kavanagh et al., 2005) as it applies to movement and sedentarism (Stults-Kolehmainen et al., 2020, Budnick et al., 2023). In short, humans possess transient desires (or wants) to move and be active, and sometimes these are felt subjectively as tension, such as a "pressing readiness" (Stults-Kolehmainen et al., 2020). According to the WANT model (Wants and Aversions for Neuromuscular Tasks) (Stults-Kolehmainen et al., 2020, Stults-Kolehmainen et al., 2023), strong feelings of wanting to move are characterized as urges or cravings, which can vary from moment to moment. Typically, these have been studied in clinical populations, such as those with exercise addiction, anorexia nervosa, or with conditions, such as akathisia or Restless Legs Syndrome (Stults-Kolehmainen et al., 2022, Khan et al., 2017). However, there is recent evidence that these are common in healthy populations (Stults-Kolehmainen et al., 2023), vary similar to a biorhythm (Budnick et al., 2023, Crosley-Lyons et al., 2023), and may be stimulated endogenously (e.g., a drive) (Stults-Kolehmainen, 2023) or by an environmental stimulus, such as music (Janata et al., 2018, Janata et al., 2012). Motivation states are influenced by recent activity behaviors (Stults-Kolehmainen et al., 2021b) and current activities (e.g., sitting, standing, walking) (Budnick et al., 2023). Moreover, motivation states predict activity in a free-living setting in the next 30 minutes (Budnick et al., 2023) and affective responses during subsequent physical activity (Do et al., 2022). Until recently, the study of motivation states for physical activity, such as desires, wants, urges and cravings, has been stymied by a lack of instrumentation to measure these phenomena (Williams and Bohlen, 2019).

Some progress was made in the area of measurement of ACMS with the creation of the CRAVE scale (Cravings for Rest and Volitional Energy Expenditure) (Stults-Kolehmainen et al., 2021b). This 13-item instrument measures wants and desires to both move (i.e., be active) and rest (i.e., be sedentary), 10 of which are scored (5 each for move and rest subscales), while 3 are fillers. Stults-Kolehmainen and colleagues (Stults-Kolehmainen et al., 2021b) conducted a series of 5 studies to validate the scale, concluding that it had good psychometric properties, including good reliability and greater stability across a single laboratory session compared to over 6-month increments. The data also revealed good discriminant and convergent validity when compared to the measures of energy and fatigue. The

instrument, however, needs further development. Psychological assessments developed in North American undergraduate samples (i.e., WEIRD populations - Western, Educated, Industrialized, Rich, and Democratic), such as the CRAVE, are often not applicable to the larger human population (Henrich et al., 2010). Major deficits include: a) lack of cross-cultural adaptation and translations, b) few data corresponding the CRAVE to exercise behavior, c) comparisons of 10 and 1-item versions, and d) shorter versions (e.g., 2 items) that can be used in-task (i.e., during bouts of vigorous exercise).

The present study has 5 general aims, with data collected from 3 studies.
Aim 1 – To translate the CRAVE into Brazilian Portuguese and determine adequacy of this translation (i.e., with content validity coefficients) (Study 1).
Aim 2 – To establish psychometrics of the new, adapted scale (i.e., Descriptives and cut offs, reliability, test/retest reliability, exploratory and confirmatory factor analyses, convergent and discriminant validity) (Studies 1 and 2).
Aim 3 – To compare the validated 10-item version of the CRAVE scale to a full 13-item version of the scale (Study 1).
Aim 4 – To determine if the translated scale is associated with exercise behavior (Study 1).
Aim 5 – To shorten both the CRAVE (original American version) and the new translated scale to single-item versions (Study 3).

STUDY 1

INTRODUCTION

Exercise and sport participation, as well as interest for specific physical activities, varies across the globe (Hulteen et al., 2017). According to the Social Ecological Model (Spence and Lee, 2003), health behaviors, such as physical activity and sedentarism, vary by many factors, including culture. Furthermore, discrete psychological factors, such as social support for physical activity, are additionally known to differ between countries and cultures (Bauman et al., 2012). At the current time, however, there is a lack of data on cultural differences in psychological, cognitive, and affective variables impacting PA in low- and middle-income countries, such as in Latin America (Bauman et al., 2012). Our previous research (Stults-Kolehmainen et al., 2020) suggested that Brazil may be a good place to start, due to numerous cultural and linguistic differences between the USA and Brazil (Seemiller et al., 2019, Pires et al., 2013, Filgueiras, 2016). Moreover, to our knowledge, there has never been a cross-cultural comparison between Brazil and the USA for motivation for physical activity, exercise, or sedentarism.

Bauman (Bauman et al., 2012) concluded that this dearth of information is due to the lack of psychological instruments adapted to different cultures and contexts. However, adaptation of an instrument, such as the CRAVE, is not a matter of simply translating the scale with automated translation software. This process requires understanding cultural aspects of each of the constructs involved in the instrument in addition to the translation of words. According to Markus (Markus, 2016), motivation is a “culturally constructed phenomenon”, with large differences between North America and non-Western countries. Motivation constructs, such as desires, wants, urges, and cravings have imprecise translations in Brazilian Portuguese, but might be best translated as “desejos”/ “vontades” (desires), quereres (wants), impulsos (urges), necessisdades, compulsões, ânsias (cravings), or anseios (longings). Portuguese also contains motivational constructs that are rarely used or may not exist in English. Common in Brazilian culture, for instance, is the idea of intense longings for someone or something (“saudades”) (Neto and Mullet, 2014), a concept perhaps less expressed or understood in North American society.

Given the arguments above, it is important to adapt the CRAVE scale to promote motivation research and practice in Brazil. Therefore, the primary purpose of Study 1 is to translate and validate the scale in Brazilian Portuguese. We hypothesized that the CRAVE scale would maintain the same factor structure in Portuguese (two factors for Move and Rest). This study also affords the opportunity to collect additional psychometric information for the CRAVE scale to address unresolved issues. For instance, some evidence exists (Stults-Kolehmainen et al., 2021b) (Study 4) that the scale has better psychometric properties when scored with all 13 items (6 for Move and 7 for Rest). Therefore, a secondary purpose of this study is to analyze alternative models to determine if the 10-item scored scale exhibits advantages over the 13-item scale. A further aim is generate new data for convergent and discriminant validation of the scale (Stults-Kolehmainen et al., 2021b, Clark and Watson, 1995, Clark and Watson, 2019); by comparing motivation states with a mental health factor (i.e., state anxiety), as well as exercise behavior, both of which have not been attempted in previous studies. We hypothesized that there would be a positive association between exercise constructs and the desire to move and a negative association with the desire to rest.

METHODS AND MATERIALS

Participants

Volunteers in this study were 1,168 adult participants (71.6% female) with age range between 18 and 82 years (*M* = 30.6; SD = 12.2). They were dispersed across the country: Southeast region = 868 (74.3%), South = 168 (14.4%), Northeast = 66 (5.7%), Midwest = 58 (5.0%), and North = 8 (0.6%). All volunteers agreed to participate by digitally checking the option of agreement right after reading the Consent Terms. Data were collected between March and June of 2020.

Procedures for cross-cultural adaptation

The CRAVE cross-cultural adaptation followed the International Test Commission (ITC) guidelines (Beaton et al., 2000, International Test Commission, 2017) for translating and adapting tests. This was to minimize semantic misinterpretations and misunderstandings and to provide the optimal adaptation for Brazilian culture (Vignola and Tucci, 2014). First, two Brazilian-Portuguese native speakers with fluent English translated all items from English to Brazilian-Portuguese. A panel of five specialists formed by the authors developed a synthesis of the two versions to create the first translated version. Instructions were amended to reflect states (e.g., estar, ficar) and not traits (e.g., ser). This translated version was back-translated to English by a native English-speaker fluent in Brazilian-Portuguese. The back-translated version was sent to the main author of the original CRAVE for review. Additional modifications were made for clarity, precision, simplicity, and alignment with the WANT model. The panel of specialists then evaluated and incorporated all suggestions leading to the final Brazilian-translated version of CRAVE. The scale was renamed from CRAVE to “Anseios por Repouso e Gastos com Energia” (i.e., ARGE). See Supplemental Material 1 for the scale.

The final Brazilian version of the CRAVE was sent to four bilingual experts in motivation and physical activity (i.e., three psychologists and one kinesiologist) to be assessed using the Content Validity Coefficient (CVC) (Filgueiras et al., 2015, Hernández-Nieto, 2002). The CVC retrieves a score ranging from 0.0 and 1.0 that comprises the amount of validity the variable holds. If the CVC is above .80, then the variable is considered adequate. Experts had to rate each CRAVE-adapted item in three categories (i.e., clarity of the item, adequacy of the item for the construct, and quality of the translation) using a 5-point Likert-type scale (1 – poor; 5 – excellent). *Clarity of the item* comprises how much an item is understandable for the broad Brazilian population. *Fit for the construct* (adequacy of the item for the

construct) entails how much the translated version kept the original content when compared to original and back-translated versions. *Quality of the translated version* assesses in which extent the translation was adequate in a language point of view, not necessarily in a construct perspective. They also rated scale instructions and rating categories. Based on their responses, each Brazilian-adapted CRAVE item had three CVC scores and the overall CRAVE had one CVC. All CVC scores were above .80 which showed that the Brazilian-version of the CRAVE was adequate and well-adapted.

Procedures for human data collection

The research proposal was submitted to the Rio de Janeiro State University Ethics Committee, obtaining approval through consubstantiated report #2.990.087, which was part of a larger project looking at exercise and health factors during the COVID-19 crisis (Stults-Kolehmainen et al., 2021a, Filgueiras and Stults-Kolehmainen, 2022, Blacutt et al., 2021). After approval, we recruited participants using the main researchers' (AF and MSK) social media, Rio de Janeiro State University's social media, and the local press. We asked volunteers to spread the recruitment advertisement as well, which led to a snow-ball method of recruitment reaching the total number of participants. Among those who viewed the link provided in our recruitment advertisement, 89 individuals (approximately 7.6%) did not agree with the Consent Terms and were redirected to a *thank you* webpage, thus not participating.

We used the Google Forms platform for data collection and the Open Science Framework (OSF) as a database repository. The questionnaires were adapted to the Google Docs format. The first form page consisted of a sociodemographic questionnaire (including: age, education level, height, weight, and self-reported number of days of exercise during last week). The second page was comprised of the state subscale of the Brazilian-adapted version of the Spielberg State and Trait Anxiety (STAI) questionnaire (Spielberger et al., 1971, Fioravanti-Bastos et al., 2011). Page three provided the 13 Brazilian-adapted items of CRAVE in the same order of presentation as the original instrument (Stults-Kolehmainen et al., 2021b). Page four provided the Brazilian-adapted version of the Godin-Shephard Leisure-Time Physical Activity Questionnaire (GSLTPAQ) (Godin, 2011, São-João et al., 2013). Finally, the fifth page was a *thank you* notification.

We built our database in Microsoft Excel, after exporting these data from Google Docs and processing some variables based on participants' responses. Height and weight were used to calculate Body-Mass index (BMI), whereas three metabolic equivalent of task (MET) values were calculated based on the participants' answers regarding items 1, 2, and 3 of the GSLTPAQ (respectively, strenuous, moderate, and mild).

Instruments

Sociodemographic questionnaire

A demographic questionnaire collected age (in years), gender, education (i.e., elementary school, high school, college/graduate degree, or post-graduate certificate or diploma), self-reported weight (in kilograms), height (in centimetres), and self-reported number of days of exercise in the past week before answering the research.

Spielberg State and Trait Anxiety (STAI) questionnaire

This instrument comprises two subscales, one that refers to how generally a person feels - assessing trait anxiety, whereas the other entails how the person is feeling *right now* or *at this moment* - measuring state anxiety. This study used the state subscale, which comprises 20 items. Items depict emotional statements, which participants rated using a 4-point Likert-type scale ranging from "1 – not at all" to "4 – very much

so". Examples are "1 – I feel calm" and "12 – I feel nervous" (Spielberger et al., 1971). The Brazilian-adapted version was utilized in this study (Fioravanti-Bastos et al., 2011).

Cravings for Rest and Volitional Energy Expenditure (CRAVE)

This questionnaire measures motivation states to move and be sedentary. It entails 13-items divided into two dimensions: Move and Rest—5 items each—and three filler items not considered in the scoring scheme. Examples from the Move factor items are, "I want/desire to move my body" and "I want/desire to expend some energy". Examples from the Rest factor are, "I want/desire to do nothing active" and "I want/desire to be a couch potato." Whereas one example from the filler items is, "I want/desire to burn some calories." Participants rated the statements on an 11-category rating scale from "0 – not at all" to "10 – more than ever" according to their motivation to either move or be sedentary *right now* or *at this very moment*. The scale has good psychometric properties (Stults-Kolehmainen et al., 2021b). Reliability of the scale is high (McDonald's ω for both Move and Rest = .97). The CRAVE reliably measures state-like properties of motivation and has good test-retest reliability. Across-session (i.e., over 1 hour) interclass correlations (ICC) for Rest (ICC = .69 – .88) and Move (ICC = .72 – .95) are greater than those measured across 2-years' time (Rest: ICC = .49; Move: ICC = .53). Respondents report large changes in CRAVE with maximal aerobic fitness testing, with Move decreasing (Cohen's d_{av} = 1.05) and Rest increasing (Cohen's d_{av} = 0.82). It has small to moderate associations with psychosomatic sensations, such as energy, fatigue, and tiredness. The process of translation was described above.

Godin-Shephard Leisure-Time Physical Activity Questionnaire (GSLTPAQ)

We used the Brazilian-adapted version of GSLTPAQ (São-João et al., 2013). This measure is a 4-item instrument to which participants answered how many times in a 7-day period they engaged in mild/light, moderate, or strenuous exercise practices *for more than 15 minutes* (Godin, 2011). Item one takes into account strenuous exercise (e.g., running, jogging, hockey, football, soccer, etc.). Item two entails moderate exercise (e.g., fast walking, baseball, tennis, easy bicycling, volleyball, etc.). Item three queries about mild/light exercise (e.g., yoga, archery, fishing from a riverbank, bowling, etc.), and item 4 asks how many days within a 7-day period, the participant engages in exercise or physical activity that accelerates their heart-rate. To determine exercise volume, we calculated the Leisure Score Index (Godin, 2011), which is the number of exercise bouts reported in items 1, 2 and 3 multiplied by 9, 5 and 3 (METs, or metabolic equivalence of task values for strenuous, moderate, and light exercise), respectively (Amireault and Godin, 2015). For example, a participant who only engages in mild exercise four times in a week has a Leisure Score Index (LSI) of "4 x 3 = 12".

Statistical Analysis

For descriptive statistics, we calculated arithmetic mean, standard deviation (SD), skewness, and kurtosis. The last two indices were adopted to assess normality; we considered the data to be normal whenever both skewness and kurtosis statistics remained between -2.0 and +2.0.

To ensure that this study's sample was representative of Brazilians, we followed the guidelines from the normative resolution (#031/2022) of the Brazilian Federal Council of Psychology (CFP, 2022) that requires either at least 150 participants from three of the five regions in Brazil or a total 1,000 participants. Due to the nature of online recruitment and snowball sampling method, we decided to follow the second rule and collected data on, at least, 1,000 participants.

Standardized norms based on percentiles were calculated for the two CRAVE factors: Move and Rest. Interpretation of data was as follows: below percentile 10 – low wants/cravings, between percentiles 10 and 25 – wants/cravings below average, between percentiles 25 and 75 – average wants/cravings,

between percentiles 75 and 90 – wants/cravings above average, and above percentile 90 – high wants/cravings.

We adopted Baumgartner's (Baumgartner, 2009) guidelines to develop the normative data (percentile norms) based on percentile ranks. Generally, ROC curve and cut off thresholds are adopted to develop normative cut offs, particularly in the case of clinical diagnosis, which is not the case for ARGE. Accordingly, Crawford et al. (Crawford et al., 2011) showed that ROC-based cut off norms and percentile norms are equivalent among 10 of the most cited self-reported mood assessment measures, which enables us to utilize percentile ranks to calculate our norms.

We developed a product-moment correlation matrix with demographic variables, scores for the STAI-State, CRAVE Move and Rest (both the 10-item and 13-item versions), MET mild/light, moderate and strenuous, BMI, and self-reported number of days of exercise in the past week for convergent validity purposes. Additionally, we calculated internal consistency using three indices: Cronbach's alpha, Guttman's Lambda (Trizano-Hermosilla and Alvarado, 2016), and Mislevy and Bock`s (Mislevy and Bock, 1990) reliability index. All reliability indices with values above .70 were considered adequate.

Regarding the factor analysis, first, we divided the sample in two subsamples with the same number of participants using the randomization tool of Microsoft Excel. Thus, a sample of 1,168 participants yielded two subsamples of 584 participants each. With the first sample we conducted the exploratory factor analysis (EFA), whereas we performed the confirmatory factor analysis (CFA) with the second sample.

Due to the nature of our CRAVE data (i.e., an ordinal Likert-type rating scale), we followed recommendations from Timmerman and Lorenzo-Seva (Timmerman and Lorenzo-Seva, 2011) to conduct the EFA using the polychoric correlation matrix with the optimal implementation of Parallel Analysis (PA) as the procedure for determining the number of dimensions, the Unweighted Least Squares (ULS) for factor extraction, and Promax rotation to achieve factor simplicity. To assess the adequacy of the correlation matrix we adopted the Bartlett test—expecting a significance of $p < .05$—and the Kaiser-Meyer-Olkin (KMO) test that should retrieve a result above .80. Explained variance of factors, items' factor loadings, and fit statistics (i.e., goodness-of-fit [GFI] and Root Mean Square of Residuals [RMSR]) followed the recommendations of Kelley (Kelley, 1935) and Lorenzo-Seva (Lorenzo-Seva, 2003). We designated an item to a factor if the factor loading was above .30, whereas the GFI expected should be above .90 and the RMSR below .04 (Lorenzo-Seva, 2003, Kelley, 1935).

We conducted the CFA using the Jöreskog and Moustaki (Jöreskog and Moustaki, 2001) recommendations for ordinal variables; we used Unweighted Least Squares (ULS) as the method of estimation, leaving all parameters on default. We tested two models: the 13-item version of CRAVE and the 10-item model based on the structure found by Stults-Kolehmainen et al. (Stults-Kolehmainen et al., 2021b). We evaluated the models via five fit indices, two error indices, and two information criteria for model comparison. Fit indices were goodness-of-fit (GFI), the adjusted goodness-of-fit (AGFI), the normed fit index (NFI), the parsimony normed fit index (PNFI), and the comparative fit index (CFI). The first two are fit indices to compare empirical data and the hypothesized model; the other two verify the fit between the normed hypothesis and the empirical data. Finally, the CFI evaluated the comparison between the null-hypothesis and the tested model in regard to the empirical data. All fit indices were expected to be above .90 (Lorenzo-Seva, 2003). Error indices were the Root Mean Square Error of Approximation (RMSEA) and the Standardized Root Mean Square Residual (SRMR); both should be below .05. Finally, we used the Aikake Information Criterion (AIC) and the Consistent AIC (CAIC) as information statistics to establish the best model; the lowest values correspond with the best model (Jöreskog and Moustaki, 2001).

Descriptive statistics, normative data, and correlations were performed using R - packages *psych* and *corrplot*. We used the application Factor 9.2 (Lorenzo-Seva and Ferrando, 2013) to perform the EFA and LISREL 8.80 (Jöreskog and Sörbom, 1996) for the CFA.

RESULTS

Descriptive statistics, skewness, and kurtosis are presented for the whole sample (*N* = 1,168; 71.5% female) in Table 1. All CVC scores were above .80 which showed that the Brazilian-adapted version of the CRAVE was adequate and well-adapted. Normative data (i.e., percentiles, cut-offs) are provided in Supplemental Material 2. After randomly separating the Exploratory Factor Analysis (EFA) and the Confirmatory Factor Analysis (CFA) samples into two subsamples of 584 participants each, we found in the EFA sample (71.8% female) an average age of 30.84 years (SD = 12.63), an average BMI of 25.27 (SD = 5.12), and an average of 2.16 days of exercise per week (SD = 2.18). The CFA sample (71.2% female) had an average age of 30.27 years (SD = 11.78), an average BMI of 25.24 (SD = 5.40), and an average of 2.31 days of exercise per week (SD = 2.30). The Leisure Score Index (LSI) for the entire sample was 47.49, indicating that this group was, on average, sufficiently active (Amireault and Godin, 2015).

To ensure statistically non-significant differences between the CFA and EFA samples, we conducted t-tests on three basic sample characteristics: age, BMI, and exercise frequency. Results of the t-test for age revealed no significance [$t(583) = .83$; $p = .41$; Cohen's $d = .05$; power = .54]. Similar results were retrieved for BMI [$t(583) = .12$; $p = .907$; Cohen's $d = .006$; power = .91] and for days of exercise per week [$t(583) = 1.05$; $p = .29$; Cohen's $d = .07$; power = .55].

Reliability metrics of the CRAVE (ARGE) factors were calculated separately. The Move subscale yielded a Mislevy & Bock (Mislevy and Bock, 1990) reliability estimate of .94, a Cronbach's alpha of $\alpha = .93$ and a Guttman's Lambda of $\lambda = .92$; whereas the Rest subscale retrieved a Mislevy & Bock (Mislevy and Bock, 1990) reliability estimate of .92, a Cronbach's alpha of $\alpha = .92$ and a Guttman's Lambda of $\lambda = .92$. These results suggest good reliability for both CRAVE subscales.

Exploratory Factor Analysis (EFA)

The EFA results yielded as the best solution a 2-factor structure with a moderate, negative, and significant correlation between dimensions ($r = -.63$). Table 2 depicts descriptive statistics and factor loadings of the 13-item Brazilian-adapted version of CRAVE. Regarding the correlation matrix adequacy, the Bartlett test retrieved a significant result [5808.6 (df = 78; $p < .001$)] and the Kaiser-Meyer-Olkin statistic was considered good (KMO = .93). The bidimensional structure explained 70.36% of the cumulative variance, whereas only the two first factors showed eigenvalues above 1.0 (more precisely, 7.37 and 1.78, respectively). The goodness-of-fit index presented a good fit of the correlation matrix to the hypothesized bidimensional structure (GFI = 1.00), and the Root Mean Square of Residuals was within the expected amount of measurement error (RMSR = .028).

Confirmatory Factor Analysis (CFA)

We tested two models in the CFA based on the 13-item scored version of CRAVE that was adapted to Brazil and the 10-item scored version suggested by Stults-Kolehmainen et al. (Stults-Kolehmainen et al., 2021b) as the best solution to measure movement and sedentarism motivation states. Table 3 depicts selected fit indices and error statistics. Based on the lowest AIC and CAIC, the 10-item model is the best solution for the Brazilian-adapted version of CRAVE as well. The 13-item version did not hold error below

Kelley`s (Kelley, 1935) criterion, whereas the 10-item version did, additional evidence that suggests the latter version provides the best scoring structure.

The 13-item model presented a significant chi-square [$\chi^2(64) = 498.56$; $p < .001$]. The path coefficient between dimensions retrieved a moderate, negative association ($\beta = -.61$). Relationships between items and the Move factor varied between $\beta = .65$ (item 5 – Move) and $\beta = .92$ (item 13 – Move), whereas those items with Rest presented path coefficients between $\beta = .73$ (item 12 – Rest) and $\beta = .85$ (item 8 – Rest).

The 10-item model yielded a significant chi-square [$\chi^2(64) = 126.94$; $p < .001$], though this statistic showed a lower value than the 13-item model. The relationship between factors in this model retrieved a slightly higher negative association than the other model ($\beta = -.65$). Path coefficients between items and the move factor varied between $\beta = .79$ (item 1 – Move) and $\beta = .91$ (items 9 and 13 – Move), whereas regarding rest, path coefficients varied between $\beta = .74$ (item 3 – Rest) and $\beta = .84$ (items 8 and 10 – Rest).

Evidence of validity

We calculated the product-moment correlation between the 10- and 13-item subscale scores of the CRAVE (i.e., Move and Rest), along with other variables that may relate to wants and urges to be active or sedentary. Those variables were:

a) self-reported number of days the participant engaged in exercise in the last week (frequency of exercise),
b) the frequency of light or mild, moderate and strenuous intensity activities (determined by metabolic equivalent of task (MET)) as measured by the Godin-Shephard Leisure-time Exercise Questionnaire, plus the composite score, called the Leisure Score Index (LSI),
c) body mass index (BMI), and
d) state anxiety as measured by the State-Trait Anxiety Inventory (STAI).

BMI was the only variable not associated with wants to move or to rest. Nevertheless, the 5-item rest subscale showed small, but significant negative correlation to BMI. The frequency of exercise was positively associated with urges to move, whereas it negatively correlated to wants to rest. To different degrees, light, moderate, strenuous, and total exercise (in METS) correlated positively with wants to move and negatively with urges to rest, following the same pattern of frequency of exercise. State anxiety was negatively associated with wants to move; however, this relationship was small ($r = -.10$). Furthermore, urge to rest was correlated with state anxiety to a larger extent ($r = .26$). See Figure 1.

DISCUSSION

The ARGE, the translated version of the CRAVE scale, appears to have good psychometric properties and is thus valid for testing in Brazilian Portuguese. The scale had good content validity, as rated by multiple independent raters. It also had good reliability. Factor analyses provided a two-factor solution, as found in previous studies (Stults-Kolehmainen et al., 2021b). Additionally, CFA analysis verified the original 10-item scoring scheme as opposed to a new 13-item scoring. As with previous studies, BMI was not associated with desire to move, but had a very small association with desire to rest. Though correlations were small, the 10- and 13-items versions of the ARGE had nearly identical associations between Move and Rest sub-scales with state anxiety as well as light-to-strenuous exercise behavior. Nonetheless, exercise-related variables related weakly with motivation states. This seems to contrast results from Stults-Kolehmainen et al. (Stults-Kolehmainen et al., 2021b), who found that stage-of-change for exercise

has a very clear relation with the desire to move and rest, though this last construct is more closely related to habit.

This study has some notable limitations. First, the "Past week" version of the scale was not utilized as in previous studies (Stults-Kolehmainen et al., 2021b). Furthermore, our assessments were conducted during the Covid-19 quarantine, a time of high societal stress (Stults-Kolehmainen et al., 2021a, Blacutt et al., 2021, Filgueiras and Stults-Kolehmainen, 2022). However, the CRAVE was only weakly associated with mental health factors, like state anxiety; therefore, this should not have been an undue problem. The exercise measure we used, the Godin-Shepard Leisure-Time Physical Activity Questionnaire, is highly utilized and is related to physical fitness, but has limited correspondence with objectives measures of physical activity, such as accelerometry (r = .45) (Miller et al., 1994). Therefore, future studies should compare the ARGE to objective measures of energy expenditure. Despite some limitations, there were several notable strengths, including: a) a large sample from across Brazil, and b) content validity with additional, independent raters. Overall, the psychometrics for this new version were as strong or better as those demonstrated in the original validation paper (Stults-Kolehmainen et al., 2021b). Therefore, the adapted scale is suitable for additional cross-cultural, longitudinal, and exercise training studies involving Brazilian samples.

STUDY 2

INTRODUCTION

As part of the psychometric validation process, it is important to gather prospective data. For psychological states, it would be expected that data would vary to a high degree from day to day (even moment to moment), but these should correspond more closely over a shorter period (e.g., 30 minutes) than a longer period (e.g., across an entire day). Motivation states should also change in response to a physical stimulus, or a deprivation of stimuli (Stults-Kolehmainen et al., 2020). In our previous studies (Stults-Kolehmainen et al., 2021b), we found that the CRAVE scale captured motivational states rather than traits, as determined by intra-class correlations (ICCs) in a sample of >100 individuals assessed twice in a laboratory session, repeating every six months for over two years. The anticipated pattern of longitudinal responses was also demonstrated in a sample of undergraduate students who took the CRAVE three times during prolonged sitting (i.e., a 50-minute lecture period). In this study (Stults-Kolehmainen et al., 2021b), students' desire to move increased and desire to rest decreased just before class ended. Similar results were found in focus groups of 17 students from the same Midwestern state (Stults-Kolehmainen et al., 2023). Moreover, after these interviews not only did Move scores increase (and Rest scores decrease) as expected, but the variance across participants decreased as well suggesting higher correspondence after similarly structured activities compared to before. With a sample from the Southwest of the United States, we found robust decreases in CRAVE-Move with a maximal treadmill stress test along with concomitant increases in CRAVE-Rest (Stults-Kolehmainen et al., 2021b). Furthermore, in this same study Move and Rest pre-testing were inversely associated (r = −.37), and this relationship was stronger post-exercise (r = −.64). With the new, Portuguese version (ARGE), similar responses would be expected.

Substantial attention has been given to interval training in recent years, with bouts of aerobic activity ranging from a few seconds to a minute (de Sousa et al., 2018). Short Sprint Interval Training (sSIT) consists of high-intensity aerobic exercise engaged for <10 seconds. Unlike our previous investigation, which used a maximal exercise stimulus designed to rapidly drain energy systems (Stults-Kolehmainen et al., 2021b),

sSIT training does not exhaust anaerobic or aerobic metabolism - as demonstrated with minimal lactate accumulation (Flores et al., 2018). Consequently, while the exercise intensity is supramaximal during the very short sprinting bouts, it does not result in excessive fatigue and pain. This is important as lactate accumulation has been associated with reduced motivation to move and continue exercise (Taylor et al., 2022). This may discourage physical activity for some people. However, there is still a robust improvement in affective and cognitive responses, such as enhanced psychological attention (de Sousa et al., 2018, Gerber et al., 2018). Gerber and colleagues (Gerber et al., 2018) found that affective and motivational responses were the same for sprint interval training (SIT) and continuous aerobic exercise, though they didn't observe changes in motivation states – instead measuring changes in more stable constructs of intrinsic and extrinsic motivation. However, a recent meta-analysis found that shorter sprints are associated with more positive affective responses (Metcalfe et al., 2022).

The primary purpose of this study is to examine the instrument's validity with changes in motivation states in response to exercise stimuli. Due to their highly transitory nature, as well as responsiveness to numerous stimuli and previous behaviours (Budnick et al., 2023), we hypothesized that motivation states measured before exercise sessions (intra-individual) will have low correspondence. However, responses following sprint sessions should have greater correspondence. We also predict that motivation states will change with exercise. However, we do not have a specific hypothesis for how motivation will change pre- to post-sprints because the nature of the exercise is quite different from our previous trials, and less research has been completed with this type of training.

METHODS AND MATERIALS

Participants

This study is part of a larger clinical trial investigating the use of Short Sprint Interval Training (sSIT) training for depression; consequently, this was a sample of convenience. The sample consisted of 9 women clinically diagnosed with depression, with a mean age of 37.9±11.9 and a mean BMI of 28.2±4.5 kg/m^2, who were recruited through pamphlets and posters in local psychiatric care establishments and through dissemination in digital media. The inclusion criteria were: having a diagnosis of moderate or severe depression as determined by the Brazilian Portuguese version of the Mini International Neuropsychiatric Interview (MINI) assessment – administered by a psychiatrist (Wu et al., 2020, Amorim, 2000), being sedentary, and signing the Free Informed Consent Form. These participants also completed the 21-item Hamilton Depression Scale (HAM-D21) (Hamilton, 1967, Carneiro et al., 2015). The HAM-D21 is the most widely used clinician-administered depression assessment scale. The scale contains 21 items pertaining to symptoms of depression experienced over the past week to be applied as a structured interview. The participants' average and standard deviation at baseline was 24.6 ± 8.2.

Exclusion criteria were: being pregnant, having diseases or conditions that interfere with cardiovascular responses (e.g., having a pacemaker, severe stenosis, heart failure, among others), taking medications that interfere with cardiovascular responses, presenting with any absolute contraindication to perform the cardiorespiratory test or high-intensity physical exercise, and performing physical exercise on a regular basis. Menstrual cycle was not queried or controlled.

Procedures

The volunteers underwent 6 sessions of approximately 10 minutes of the short sprint interval training (sSIT) protocol, on a cycle ergometer, consisting of 4 -12 maximal sprints each lasting 5 seconds, with an active rest interval of ≥30 seconds at 50W. Training sessions were completed 3 times a week, all in the

morning hours, with a 48-hour rest between sessions. Sessions were held at the Maria Aparecida Pedrossian University Hospital (HUMAP) of the Federal University of Mato Grosso do Sul (UFMS). There were two minutes of warm-up followed by the sprint protocol and then two minutes of cooling down at 50 rpm and 50W load. To perform the maximal sprints, an overload corresponding to 5% of body weight was added (Flores et al., 2018, Gillen et al., 2016). In the first week, the free and informed consent form was signed, and the initial assessment and familiarization took place. In the second and third weeks, the 5-second sSIT training bouts were performed in a linear, periodized fashion.

Instrumentation

Motivation states for physical activity and sedentary behavior were assessed using the 13-item Brazilian version of the CRAVE scale (Stults-Kolehmainen et al., 2021b), called the ARGE (Anseio por Repouso e Gastos de Energia), with construct validity and psychometric properties described in Study 1. The volunteers completed the ARGE scale 5 minutes before and 5 minutes after each SIT session. The 10-item scoring scheme was utilized, per the psychometrics above.

Statistical Analysis

Two repeated measures ANOVAs were run with Time (Pre, Post) and Sprint session (i.e., 3-4, 4-6, 6-8, 10-12, 6-8 [again]) as within-subjects factors for both Move (Mover) and Rest (Descansar) subscales. To examine intra-rater reliability, intra-class correlations (ICCs) were calculated with a two-way mixed effects model (using absolute agreement) according to guidelines from Koo and Li (Koo and Li, 2016). This model represents the reliability of specific raters in the experiment, and the ICC's cannot be generalized to other raters or studies. While the use of interrater reliability analysis (in this case, intra-rater) is a less common approach, it is most appropriate for the current investigation. ICCs were calculated for all data and data without session 1, which exhibited some correlations that differed substantially from the rest of the sessions.

RESULTS

Changes in Move and Rest

Composite scores of Move and Rest had varying degrees of association by pre- and post-measurement, with the strongest and only significant association being between Rest and Move post-sprint (r = -.84). See Figure 2. Prior to sprinting, Move scores visually seem to be higher than Rest scores. Furthermore, Move scores visually appear to have increased after all sprints while Rest scores appear to have decreased after all sprints.

For Move, however, we could not reject the null hypothesis for Time (p = 0.28, η^2 = 0.16), Sprint (p = 0.65, η^2 = 0.09), or Time X Sprint (p = 0.28, η^2 = 0.03). Likewise, for Rest we could not reject the null hypothesis for Time (p = 0.14, η^2 = 0.29), Sprint (p = 0.59, η^2 = 0.10), or Time X Sprint (p = 0.75, η^2 = 0.05). Mauchly's test of sphericity indicates that this assumption was violated so we used the Greenhouse-Geisser correction when appropriate. See Figures 3A and 3B.

Intra-rater reliability

Intra-class correlations (ICCs) were small for Move pre-sprints (.33 and .39 for all sessions and session 2-5, respectively), but strengthened to .83 / .84 post-sprint. Likewise, ICCs for Rest strengthened from very low (.01 and .10) to moderate (.68 and .67) from pre- to post-training. ICCs for pre- to post-scores for both Move and Rest were low to moderate. See Table 4.

DISCUSSION

In this small, pilot study of depressed women engaging in short Sprint Interval Training (sSIT), we found that the Brazilian version of the CRAVE scale (ARGE) was stable for Move and Rest measurements taken after exercise training sessions but not for measurements taken before each session's sprints. This was demonstrated with intra-class correlations (ICCs), indicators of correspondence within groups, which were stronger for both Move and Rest after individual sprint training sessions than before sprint sessions. This is in line with the theoretical basis of motivation states (i.e., the WANT model) - that they are transient and can vary greatly from moment to moment, hour to hour, and day to day. However, there should be greater correspondence between these states after a standardized stimulus exposure in a highly controlled laboratory environment, even when repeated multiple times. This provides further evidence that the CRAVE/ ARGE reflects a state more so than a trait, as we have demonstrated in previous studies (Stults-Kolehmainen et al., 2021b). These data also serve to provide extra validation for the CRAVE / ARGE scales.

While not significant, with visual inspection of the data it is apparent that Move increased from pre- to post-sprint, and Rest decreased. This study was greatly underpowered (i.e., very small sample size), therefore, there were no significant results for the effects of time (pre vs post), session, or the interaction of these factors. However, effect sizes were medium (for across sessions) and large (for pre-post sprint session), indicating that given enough similar participants, it is likely that the null hypotheses would have been rejected (Richardson, 2011). If these trends were to hold with a large sample size, one might interpret the data in a few different ways: a) depressed women were reinforced to move with each sSIT training session, b) sSIT training results in psychological responses that differ from other training methods, or c) both. Interestingly, our previous work with high intensity weight training found that highly stressed, but not depressed, individuals had blunted affective responses compared to lower stressed individuals, including less pain (Stults-Kolehmainen et al., 2016). Previous studies have shown that sSIT results in improved hedonic tone, similar to other forms of exercise (Gerber et al., 2018), less pain and perhaps greater "liking" or enjoyment of movement (Metcalfe et al., 2022). Our previous data have demonstrated that short Sprint Interval Training (sSIT) typically results in improved psychological attention (de Sousa et al., 2018). Thus, it is also possible that participants were able to attend to internal sensations (i.e., interoception) better at the end of training sessions compared to pre-session, which is important because both endogenous and exogenous factors likely contribute to motivation states for movement and sedentarism (Stults-Kolehmainen et al., 2022).

This was a pilot study with only 9 women attending 6 sessions of training; thus, few conclusions could be drawn, and several limitations were evident. First, with the small sample size and short intervention, we were not able to examine any chronic or enduring changes from baseline of the intervention to post (e.g., in depression status). Moreover, there was no comparison group with non-depressed individuals and no measure of physical activity behavior to ascertain the participants' degree of psychomotor retardation. Future research should expand the sample and training period. There were sufficient data to determine consistency of the measures before and after sSIT sessions. Unfortunately, there were no measures during inter-sprint recovery periods or for the recovery period after sSIT training. There were few explanatory variables collected to assist with understanding the clinical implications of improved desire to move with training sessions. For instance, if people want to continue to move more with a sSIT training session, should we encourage them to do so? Motivation states may possibly vary by setting, whether laboratory-based or real-world (e.g., anticipating upcoming physical activity, naturally occurring changing patterns of physical activity), which may impact the "want to" move versus the "have to" move. Future research should explore this as well as control for menstrual status, which is known to have an impact on affective and possibly motivational outcomes (Garcia et al., 2022)..

STUDY 3

INTRODUCTION

The CRAVE scale, while psychometrically robust, contains 13 items that take about 90 seconds to complete. This hinders use of the scale during task (e.g., while exercising) and in ecological momentary assessment (EMA) studies. Taylor and colleagues (Taylor et al., 2022) used an unvalidated single-item motivation states measure during vigorous exercise, finding that exercise intensity over lactate threshold resulted in rapid increases in the desire to stop exercising. Dunton and colleagues (Ponnada et al., 2022, Crosley-Lyons et al., 2023, Do et al., 2022) have developed and utilized single-item measure for EMA studies, which are still ongoing validation. Multiple other single-items scales exist as well, all unvalidated (discussed by Stults-Kolehmainen) (Stults-Kolehmainen et al., 2021b). Lack of valid instrumentation is the prominent hindrance in the investigation of motivation states for movement, physical activity and sedentarism (Williams and Bohlen, 2019). Therefore, the objective of this study is to validate single-item versions for both the CRAVE and ARGE instruments (Move and Rest subscales).

MATERIALS AND METHODS

Participants

The sample of this study was constituted by same participants of study 1 (above) and two American samples described by Stults-Kolehmainen et al. (Stults-Kolehmainen et al., 2021b) (see Data Availability section). We opted to use the *right now* databases of both the American and Brazilian CRAVE scales, using the 10-item scoring scheme.

Procedures

We asked permission of Stults-Kolehmainen et al. (Stults-Kolehmainen et al., 2021b) to use the American databases of the CRAVE - available in an open repository. Holding the database from the USA and Brazil, we then proceeded to conduct statistical analyses of both Brazilian and American data. We needed to equate items to make internal comparisons using Item Response Theory (IRT). To do that, we opted for a vertical “equating” (Cook and Eignor, 1991) merging all databases into a single spreadsheet according to the recommendations from Baker (Baker, 1992) and Wright (Wright, 1993). Analyses were conducted using the equated database. We analyzed Move and Rest factors separately.

Statistical Analysis

To determine the best single item to represent the Move and Rest subscales in the Brazilian and American versions, we opted to use the item information curve (IIC) based on the Graded Response Model (GRM), an IRT model for ordinal polytomous items developed by Samejima (Samejima, 1969). The level of information is the opposite of the level of error, which means that the item that provides more information is also the item with less measurement errors. Equating both American and Brazilian databases into the same dataset allowed comparison between IICs based on GRM (Baker, 1992).

Due to potential differences of IIC, we decided to further investigate whether items functioned similarly or not for the Brazilian and American datasets. Thus, we conducted a differential item functioning (DIF) analysis comparing the three datasets. To allow comparisons, we calculated chi-square statistics and Aikake and Bayesian information criteria (AIC and BIC, respectively) for each item. This way, we might provide evidence to support whether different weights and likelihood of endorsement between countries were present.

RESULTS

We used the item information curve (IIC) to investigate which items among the set of the 10-item CRAVE's Move and Rest subscales were better to represent the latent trait (i.e., had higher levels of information). We employed the same method to both the Brazilian and the American databases yielding one item for both countries and subscales. Figure 4A depicts IIC for each CRAVE / ARGE Move subscale item displayed by country, whereas Figure 4B presents the same graph for Rest items.

Our results suggested that item 9 in the Brazilian version of the Move subscale ("exercitar meus músculos / exert my muscles") and item 8 of the Rest subscale from the same country ("não levantar do sofá / be a couch potato") presented the highest levels of information. Whereas Move item 2 ("estar fisicamente ativo / be physically active") and Rest item 7 ("ficar quieto / be still") for the American CRAVE version were the most informative items. This means that the single-item Brazilian version of CRAVE should consider items 9 and 8 to represent Move and Rest subscales, respectively, whereas items 2 and 7 of the American CRAVE correspond to the single-item version of the Move and Rest subscales, respectively. Due to the difference of item information between countries, we decided to further investigate these distinctions using the differential item functioning (DIF) analysis. Table 5 summarizes the DIF results comparing Brazilian and American samples.

Results from DIF showed that, at least according to AIC and chi-square statistics, all items from the Move subscale functioned differently between Americans in the first sample (USA 1) and Brazilians, whereas item 6 had similar item functioning when comparing Brazilians and Americans from the second sample. It was easier for Brazilians to endorse items 6, 9 and 13, whereas Americans from samples 1 and 2 scored significantly higher on items 1 and 2. However, if we consider the positive BIC, item 6 did not function differently in Brazil in comparison to the USA in either sample, which means it is inconclusive whether item 6 shows DIF or not; however, it tends to function similarly across countries.

Among items from the Rest subscale, items 4 and 10 presented non-significant functioning between Brazil and USA 1, whereas the second American sample (USA 2) only yielded non-significant statistics in item 4, which suggests that item 4 is equivalent in both countries, but item 10 might not be; it is inconclusive. Nevertheless, items 3 and 7 were easier for Americans to endorse, whereas item 8 was scored higher among Brazilians. This way, we provided evidence to support different weights and likelihood of endorsement between countries.

We found a DIF between the two American samples. Item 2 ("be physically active") retrieved a significant *p*-value (.033) and a large enough AIC and BIC to enable different item functioning between samples USA 1 and 2. According to our results, sample USA 1 was less likely to endorse item 2 than sample USA 2. Regardless, with exception of item 2, other Move and Rest items showed equivalent item functioning between American samples, which was expected.

DISCUSSION

The current study utilized an Item Response Theory model to reduce the 10-item CRAVE and ARGE scales (5 items each for Move and Rest) into single items for each subscale. We found that the ARGE (Brazilian version of CRAVE) was best represented by ("exercitar meus músculos / exert my muscles") for Move and ("não levantar do sofá / be a couch potato") for Rest subscales. On the contrary, the best items in the North American version (original CRAVE) were ("be physically active") and ("be still") for Move and Rest,

respectively. The concept of "being still", or a lack of motion, as representative of sedentary activities and rest seems to make sense as it is the physical condition common to sitting, laying down, watching television (typically), etc. It is also relevant in light of psychological phenomena, like freezing (e.g., in the face of threat, or in highly specific situations common to sport, like the moment before a gun fires to start a race), which are states of inactivity and behavioral inhibition but not physical or mental rest, per se (Stults-Kolehmainen and Sinha, 2014, Roelofs, 2017). Indeed, an entire special issue in *Philosophical Transactions* was dedicated to the topic of stillness, stopping motion, and "not moving" (Roelofs, 2017, Noorani and Carpenter, 2017, Noorani, 2017). Noorani & Carpenter (Noorani and Carpenter, 2017) concludes that, "…the maintenance of stillness is not simply a matter of doing nothing: it requires as much if not more active and accurate control as creating the movements themselves." This phenomenon was deemed "neglected" but is highly relevant for the control of motivated action of movement and sedentary behavior. Interestingly, the most representative item for Brazilian Portuguese was "não levantar do sofá ("be a couch potato"), which may reflect the general idea of being "stuck" or highly fatigued and less akin to indolence or laziness, key themes discovered in a recent qualitative study (Stults-Kolehmainen et al., 2023). Adaptations of other psychological instruments from English to Brazilian Portuguese have found similar linguistic and cultural challenges (Vignola and Tucci, 2014), and may be due to problems with the translation, back translation, or other deeper factors.

Using the information curve based on the graded response model to decide the best (most informative) item to use as a single-item instrument is relatively novel and innovative (Sekely et al., 2018, Wang et al., 2022, Böhnke and Lutz, 2014). This technique is also prone to loss of other types of information and some of the nuances and details regarding individual differences in either Move or Rest or even both, which can limit the use and interpretation of CRAVE as a measurement instrument. Using differential item functioning (DIF) analysis, we found that all but two of the ten items differed between Brazilian and North American samples, signifying potential cultural differences, or perhaps differences along some other random factor. For instance, the Brazilian samples were also approximately a decade older than the American samples (30.8 and 30.3y vs. 20.9 and 20.3y). Thus, we cannot ignore the potential influence of age, but in our previous work we determined that motivation to exercise (and not move, per se) varied little across this period of life (Stults-Kolehmainen et al., 2013a). The IIC provides insights into item quality and its ability to differentiate individuals based on the measured latent trait (Baker, 1992). IICs vary across independent samples (Samejima, 1969), making them more sensitive to detecting differences in comparison to the Classical Test Theory (Baker, 1992). As our instrument measures volatile motivational states, discrepancies in IIC results are likely (Lord, 1975). However, despite slight differences in IICs between the two USA samples, the overall pattern remained, demonstrating strong evidence of item reliability. It might also be considered that a different single item could be a better representation of motivation states to be active or sedentary than any of the items developed as part of the CRAVE scale, such as the "feel like" item from the Dunton laboratory (Ponnada et al., 2022, Crosley-Lyons et al., 2023, Do et al., 2022). Our general assessment, however, is that the single-item subscales found from this IRT analysis are valid and should be utilized in future studies, as outlined in the general discussion below.

GENERAL DISCUSSION

The present study makes several incremental advancements in the measurement of affectively-charged motivation states (ACMS) for physical activity and sedentarism (Stults-Kolehmainen et al., 2020). First, we conducted the first translation and cultural adaptation of the CRAVE scale (Stults-Kolehmainen et al., 2021b), in this case into Brazilian Portuguese, creating the ARGE scale. This instrument was found to have good psychometric properties, similar to the original CRAVE scale or better. Importantly, these analyses

verified the factor structure of the CRAVE scale in a new population from a different country and in another language. We used these data to compare 10- and 13-item scoring schemes of the CRAVE / ARGE scales, finding that the originally validated 10-item scoring had the best psychometric properties. This is ideal as it substantiates two 5-item subscales (i.e., Move and Rest) that range from 0-50 points each, which simplifies interpretation. The data were associated in the predicted manner with metrics from the Godin-Shepard Leisure Time Physical Activity Questionnaire – the first time motivation states data have been compared to exercise behavior. Prospective data from a trial involving short Sprint Interval Training (sSIT) determined that the ARGE reflects a state more than a trait. We also found some large effects in motivation states pre- to post-sprint sessions, which were not significant due to the small sample size in Study 2. Using Item Response Theory, we were able to reduce the scale down to two items (1 for Move and Rest) for the original CRAVE and new ARGE scales. Differences in these items revealed some potential cultural differences between the United States and Brazil for motivation for physical activity and sedentarism, one of the first reports to note such variation.

The psychometrics of the new ARGE, while highly similar to the psychometrics from the original CRAVE scale, had some apparent small differences. For instance, in our previous investigations (Stults-Kolehmainen et al., 2021b), Move and Rest factors are correlated moderately and inversely (*r's* = −.71 and −.78, in two different studies). In the current study, we found a two-factor solution that was less strongly related (*r* = -.63). Previous investigations provided both quantitative and qualitative evidence suggestive of stronger relationships between exercise behavior and motivation states to move and rest (Stults-Kolehmainen et al., 2021b, Stults-Kolehmainen et al., 2023). In this study, however, there were small associations with leisure-time exercise indicators from the Godin-Shephard Questionnaire. It may be the case that these state measures do not correspond well with exercise measures quantified over a period of 7+ days. We did not include the Past-Week version of the CRAVE scale in these studies, which may have corresponded better with exercise behavior. Also, the CRAVE and ARGE relate to movement and physical activity more generally, and not exercise specifically. The ARGE had negligible associations with BMI (as we previously found) (Stults-Kolehmainen et al., 2021b) and state anxiety, perhaps because the stress response can result in multifarious and contrasting movement outcomes, such as fight, flight, freeze, and faint (Stults-Kolehmainen and Sinha, 2014). Further evidence is needed from the CRAVE and ARGE scales to evaluate construct, convergent, and discriminant validity. We developed the single-item measure to help researchers and practitioners to collect data longitudinally and to assess motivational states within subjects, not between. However, we acknowledge that this constitutes a limitation in this article and future research is needed to tap into this issue and develop further percentile norms for the single-item measures. The use of the 10-item ARGE and the single-item measure is unconditional as long as the proper reference is provided.

Future research

Our previous manuscripts have extensively suggested future research possibilities (Stults-Kolehmainen et al., 2020, Stults-Kolehmainen et al., 2021b, Stults-Kolehmainen et al., 2022, Stults-Kolehmainen et al., 2023, Budnick et al., 2023, Flack et al., 2023). Primarily based on limitations that were discussed above for each study, future research could focus on the following 10 areas of need:

1. Tracking motivation states against stronger measures of exercise and PA, including accelerometry, as well as against levels of aerobic and muscular fitness, which has never been documented.
2. Investigating more robust cross-cultural comparisons, including translation of the CRAVE into Spanish and other languages.
3. Assessing correspondence of CRAVE and/or ARGE scales with other exercise and sport motivation questionnaires.

4. Associations with other mental health states, psychological feeling states, like arousal and pleasure/displeasure and "state mindfulness for physical activity" (Stults-Kolehmainen et al., 2015, Cox et al., 2015, Budnick et al., 2023).
5. Associations with metabolic parameters, such as continuous measures of blood glucose.
6. Implementing studies using the single-item sub-scales during task (e.g., during vigorous exercise) (Taylor et al., 2022) and recovery. Determining changes in ACMS with high intensity interval training (HIIT) versus vigorous and/or moderate intensity aerobic training.
7. Determining if it is appropriate and useful to utilize CRAVE / ARGE normative data for exercise prescription - similar to affect-based exercise prescriptions (Ekkekakis et al., 2004).
8. Using environmental cues, including short, motivational messages, perhaps from fitness wearables, about physical activity tailored for diverse populations to promotes desires to move and be active, a process that has previously been successful in Brazil (Heath et al., 2012, Hoehner et al., 2008).
9. Just in time adaptive interventions (JITAI) (Hardeman et al., 2019) to provide just the right amount of support for people when they are experiencing "CRAVE moments" – transient times of wanting to move.
10. Understanding the physiological, affective, and cognitive components of the "CRAVE moment" – high craving as demonstrated in Supplemental Material 2 that might be close to the "mental hijacking" described by Hofmann & Van Dillen (Hofmann and Van Dillen, 2012) in their Dynamical Model of Desire.

Conclusion

We conducted three studies to improve psychometrics for the measurement of affectively-charged motivation states (ACMS) for physical activity and sedentary behaviors. In Study 1, we adapted the CRAVE scale (Stults-Kolehmainen et al., 2021b) into Brazilian Portuguese to facilitate examination of cross-cultural influences. The revised scale, named the ARGE, appears to have good psychometric properties. Importantly, the basic factor structure replicated with this new population and language, which is important evidence that the basic constructs measured by the CRAVE scale are valid. These data also provide evidence that the original 13-item scale should be used with 10 items scored (5 each for Move and Rest subscales) and 3 unscored fillers. Motivation states had small, but significant associations with indices of exercise behavior; Move predicted more exercise and Rest predicted less. In Study 2, we found stability of Move and Rest after bouts of short Sprint Interval Training (sSIT), but not before, providing additional evidence that this facet of motivation is a state, and not a trait, and is influenced by numerous inputs. We also observed large effects for changes in motivation states from pre- to post-exercise, but these were not significant due to the small sample size. Finally, in Study 3, we developed single-item subscales for Move and Rest that varied by country, which provides some additional evidence that motivation is a culturally influenced concept. Future studies should use the single-item scales to examine changes in the desire or urge to move and rest during exercise. Additional work is also needed to examine other facets of the WANT model (Stults-Kolehmainen et al., 2020), such as aversions (i.e., dread) to move and be active and how they interact with approach motivation for the same activities.

AUTHOR CONTRIBUTIONS

Study 1 was conceived and designed by AF and MSK. Translation was conducted by AF, AV, FAB, ARM and MSK. Data were collected by AF. Analyses were conducted by AF. Study 1 was equally written by AF and MSK. Study 2 was conceived and designed by DB. Data were collected by SFM. Analyses were conducted by PM. Study 2 was written by MSK, DB, SFM, and FAB, in that order. Study 3 was conceived and designed by AF and MSK. Data were collected by TAG and AF. Analyses were conducted by AF. Study 3 was equally

written by AF and MSK. The manuscript was evaluated and refined by MSK, AF, DB, RS, JBB, GA, PM, AV, RK, FAB, ARM, TG and SFM, in that order. All authors reviewed, provided critical feedback, and approved the final manuscript.

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The use of the full, 13-item ARGE, as well as the single-item CRAVE and ARGE measures, is unconditional as long as the proper reference is provided. The ARGE is available here: https://www.researchgate.net/publication/365797582_Brazilian_translation_of_the_CRAVE_scale_ARGE_Anseios_por_Repouso_e_Gastos_de_Energia

DATA AVAILABILITY

Some Brazilian data are available on the Open Science Framework (OSF) database repository (https://osf.io/ga538/; DOI 10.17605/OSF.IO/GA538). American data for IRT analyses are available on the Figshare database repository: https://figshare.com/authors/Matthew_Stults_kolehmainen/794794, https://doi.org/10.6084/m9.figshare.13322600.v1; https://doi.org/10.6084/m9.figshare.13322642.v1. Other data are available with reasonable request to the corresponding author.

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TABLE 1. Descriptive statistics for the entire Brazilian sample (*N*=1,168) in Studies 1 and 3, including mean, standard deviation (SD), skewness, and kurtosis.

Variable	Mean	SD	Skewness	Kurtosis
ARGE (CRAVE in Portuguese)				
Move - 10 items	29.82	14.58	-.316	-1.053
Move - 13 items	35.64	17.25	-.330	-.991
Rest - 10 items	21.52	14.64	.282	-1.128
Rest - 13 items	33.18	20.10	.134	-1.190
MET exercise scores*				
Light or Mild	11.95	18.06	.356	-1.250
Moderate	9.54	10.56	.841	-.404
Strenuous	26.00	22.56	1.363	.654
Leisure Score Index (LSI)**	47.49	39.22	.984	-.267
Exercise frequency/week	2.23	2.24	.584	-.925
BMI	25.26	5.26	.966	1.370
State Anxiety	53.55	12.04	-.279	-.629

* Frequency of activity per week for light, moderate, or strenuous MET intensities x 3, 5, or 9, respectively

** Sum of MET exercise scores

TABLE 2. Descriptive statistics and factor loadings for Move and Rest subscale items in the exploratory factor analysis (EFA) for the 13-item version of the ARGE (Brazilian-adapted version of CRAVE scale; Study 1).

Item	Descriptive Statistics				Factor Loading	
	Mean	SD	Skewness	Kurtosis	Rest	Move
Rest						
11. me deitar.	5.60	3.58	-.196	-1.411	**.932**	.093
12. descansar meu corpo.	5.80	3.42	-.243	-1.272	**.916**	.209
7. ficar quieto.	5.79	3.32	-.260	-1.244	**.756**	-.007
8. não levantar do sofá.	4.13	3.70	.376	-1.378	**.750**	-.132
10. ficar sem me movimentar.	3.63	3.49	.562	-1.075	**.643**	-.240
4. só ficar sentado.	3.96	3.47	.453	-1.191	**.616**	-.210
3. fazer nenhuma atividade.	3.78	3.49	.533	-1.142	**.557**	-.173
Move						
2. estar fisicamente ativo.	6.42	3.30	-.477	-1.135	.087	**.917**
5. queimar calorias.	5.89	3.64	-.339	-1.367	.046	**.772**
1. mexer meu corpo.	5.19	3.30	.006	-1.313	.009	**.735**
9. exercitar meus músculos.	5.92	3.40	-.379	-1.243	-.010	**.885**
6. gastar um pouco de energia.	5.88	3.39	-.340	-1.274	-.023	**.828**
13. me movimentar.	6.07	3.19	-.377	-1.145	-.101	**.792**

Note: Highlighted in bold, factor loadings with values above .300.

TABLE 3. Fit indices, error statistics, and Aikake information criteria retrieved by the confirmatory factor analysis (CFA) for both the 10- and 13-item versions of the ARGE (Brazilian-adapted CRAVE scale; Study 1).

Statistics	Model	
	10 items	13 items
Fit index		
GFI	1.00	.99
AGFI	1.00	.99
NFI	1.00	1.00
PNFI	.76	.82
CFI	1.00	1.00
Error estimate		
RMSEA	.07	.11
SRMSR	.02	.04
Information Criterion		
AIC	168.94	552.56
CAIC	281.71	697.55

Table 4. Two-way mixed effects model using absolute agreement (Study 2). Analysis for: a) all six short sprint interval training (sSIT) sessions, and b) with session 1 removed from analysis

Outcome		**ICC**	**95% confidence interval**	**F**	***p***	**Stability interpretation***
Move Pre	All sessions	.39	0.11 - 0.77	4.473	.001	Low
	Sessions 2-5	.33	0.04 - 0.74	3.257	.012	Low
Move Post	All sessions	.83	0.64 - 0.96	31.270	< .001	High
	Sessions 2-5	.84	0.65 - 0.96	26.084	< .001	High
Rest Pre	All sessions	.01	-0.12 - 0.39	1.057	.411	Low
	Sessions 2-5	.10	-0.112 to 0.545	1.488	.212	Low
Rest Post	All sessions	.68	0.41 - 0.91	14.296	< .001	Moderate
	Sessions 2-5	.67	0.390 to 0.906	12.116	< .001	Moderate
Move Pre to Post	All sessions	.22	-1.46 - 0.81	1.317	.353	Low
	Sessions 2-5	.50	-0.226 to 0.873	2.940	.089	Moderate
Rest Pre to Post	All sessions	.46	-0.54 - 0.86	2.183	.145	Low
	Sessions 2-5	.16	-0.462 to 0.732	1.424	.326	Low

* Based on Koo & Li (Koo and Li, 2016)

TABLE 5. Brazilian and American versions of Move and Rest CRAVE items with chi-square statistics and Aikake and Bayesian information criteria (AIC and BIC, respectively) for the Brazilian and the two American samples (USA 1 and USA 2) (Study 3).

Scale item [1, 2]	Statistics (DIF)				
	χ^2	*df*	*p*	AIC	BIC
Brazil vs USA 1st sample					
Move					
1. mexer meu corpo / move my body	31.60	1	< .001	-29.60	-24.24
2. estar fisicamente ativo / be physically active	14.51	1	< .001	-12.51	-7.15
6. gastar um pouco de energia / expend some energy	3.11	1	.007	-1.11	4.25
9. exercitar meus músculos / exert my muscles	16.86	1	< .001	-14.90	-9.50
13. me movimentar / move around	16.90	1	< .001	-14.90	-9.54
Rest					
3. fazer nenhuma atividade / do nothing active	13.85	1	< .001	-11.85	-6.49
4. só ficar sentado / just sit down	.15	1	.699	1.85	7.21
7. ficar quieto / be still	35.19	1	< .001	-33.19	-27.83
8. não levantar do sofá / be a couch potato	11.89	1	< .001	-9.89	-4.53
10. ficar sem me movimentar / be motionless	.61	1	.434	1.39	6.75
Brazil vs USA 2nd sample					
Move					
1. mexer meu corpo / move my body	24.95	1	< .001	-22.95	-17.57
2. estar fisicamente ativo / be physically active	1.90	1	.169	.10	5.49
6. gastar um pouco de energia / expend some energy	.53	1	.528	1.47	6.85
9. exercitar meus músculos / exert my muscles	20.23	1	< .001	-18.23	-12.84
13. me movimentar / move around	16.89	1	< .001	-14.89	-9.51
Rest					
3. fazer nenhuma atividade / do nothing active	5.28	1	.022	-3.28	2.11
4. só ficar sentado / just sit down	.17	1	.676	1.83	7.21
7. ficar quieto / be still	32.41	1	< .001	-30.41	-25.03
8. não levantar do sofá / be a couch potato	2.94	1	.086	-.94	4.44
10. ficar sem me movimentar / be motionless	2.56	1	.110	-.56	4.82
USA 1st vs USA 2nd sample					
Move					
1. move my body	.35	1	.569	1.68	6.41
2. be physically active	4.55	1	.033	-2.55	2.18
6. expend some energy	.79	1	.374	1.21	5.94
9. exert my muscles	.07	1	.789	1.93	6.66
13. move around	.01	1	.983	2.00	6.73
Rest					

3. do nothing active	1.61	1	.205	.39	5.12
4. just sit down	.45	1	.505	1.56	6.29
7. be still	.15	1	.697	1.85	6.58
8. be a couch potato	2.29	1	.130	-.29	4.44
10. be motionless	.44	1	.510	1.57	6.30

[1] There are 13 items in the scales, but only 10 are scored (5 for each subscale). Filler items are not included in this analysis.

[2] Highlighted in bold letter are the items that showed no differential item functioning (DIF).

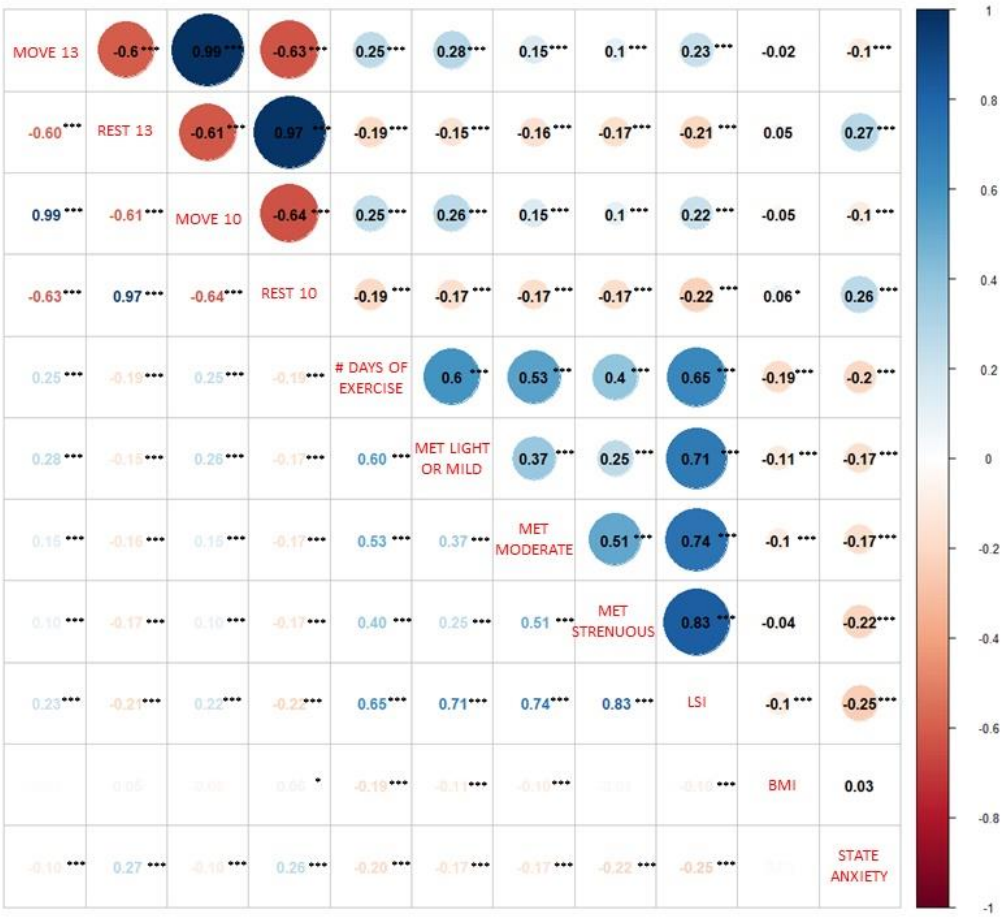


FIGURE 1. Correlation matrix (heat map) of CRAVE Move and Rest subscales with additional variables (i.e., exercise, BMI, state anxiety) to evaluate evidence of convergent and discriminant validity (Study 1) *†.

* MET Light or Mild = number of times over the last 7 days completing at least 15 minutes of light or mild intensity leisure time exercise.
* MET Moderate = number of times over the last 7 days completing at least 15 minutes of moderate intensity leisure time exercise.
* MET Strenuous = number of times over the last 7 days completing at least 15 minutes of vigorous intensity leisure time exercise.
† LSI = Leisure Score Index (sum of MET scores)

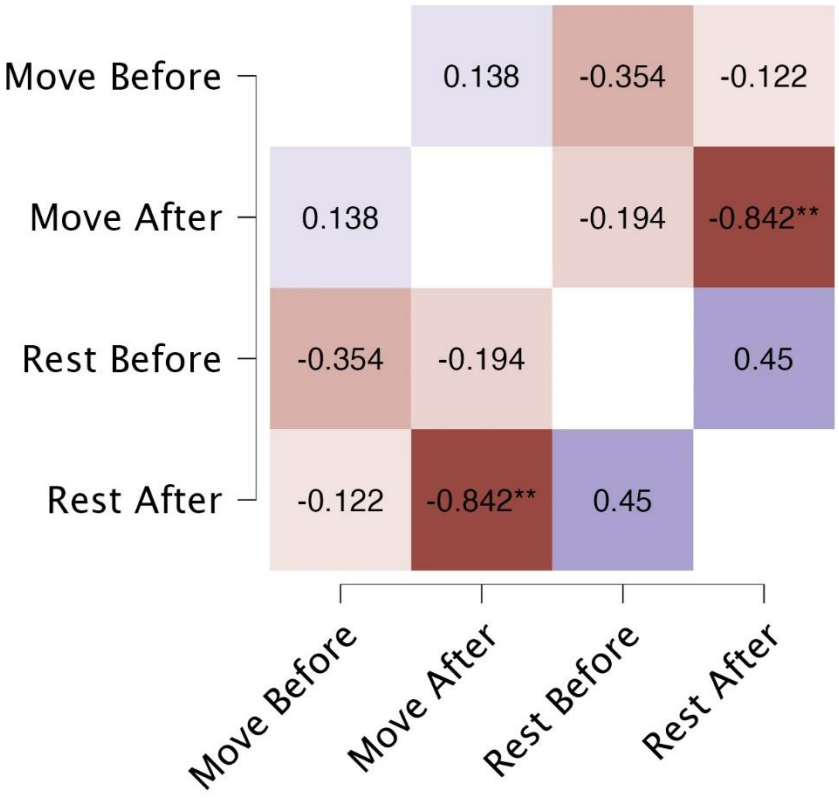
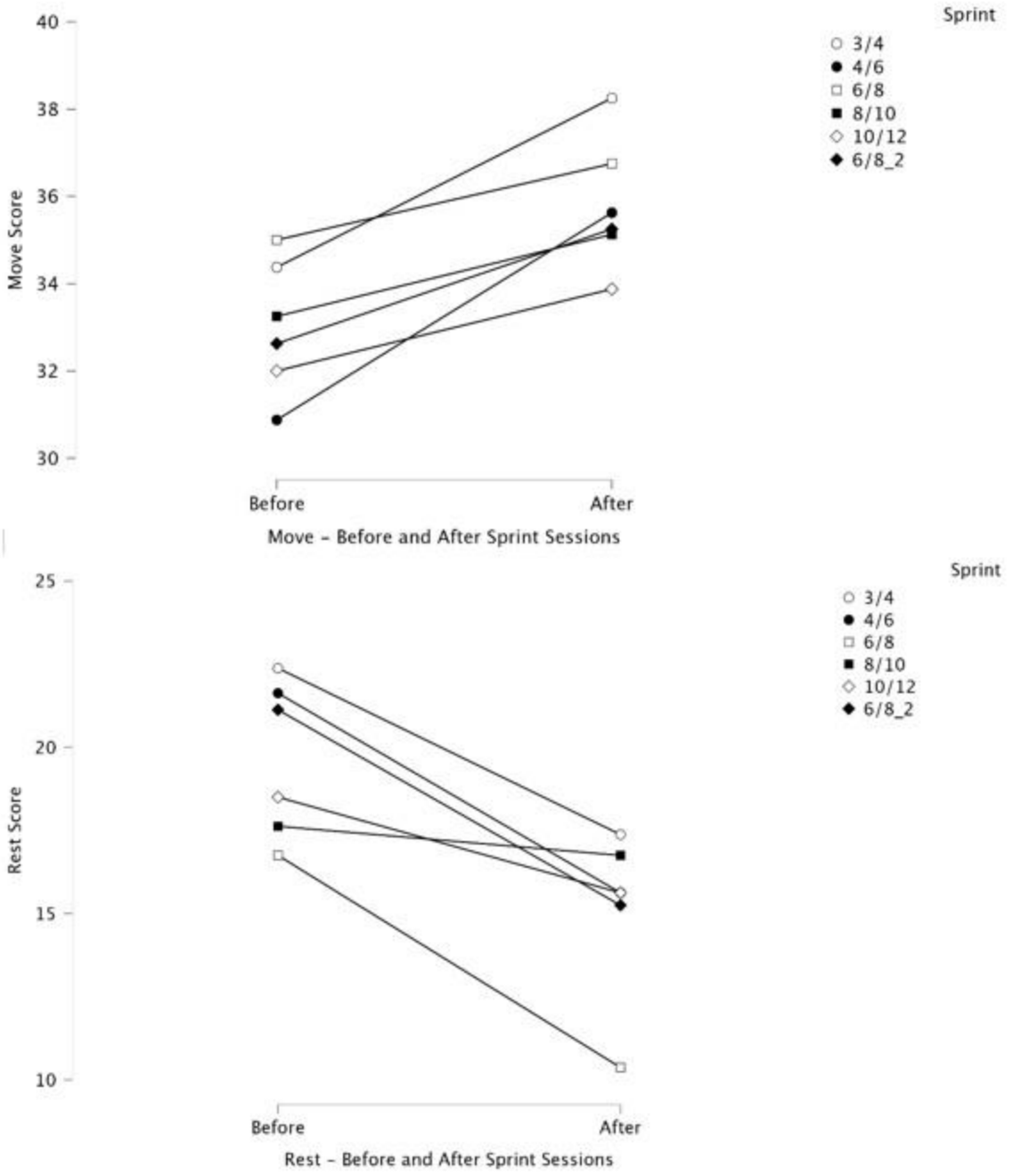


FIGURE 2. Pearson's *r* heatmap (Study 2). Averaged across all levels of sprint, Move and Rest post-sprint observations were negatively correlated (r = -.84, p < .01).



FIGURES 3A and 3B. Changes in Move and Rest Across six sessions of sSIT exercise training for 9 women (Study 2). Lines represent each exercise training session (i.e., session with 3 or 4 sprints; 4 or 6 sprints, etc.).

Figure 4A

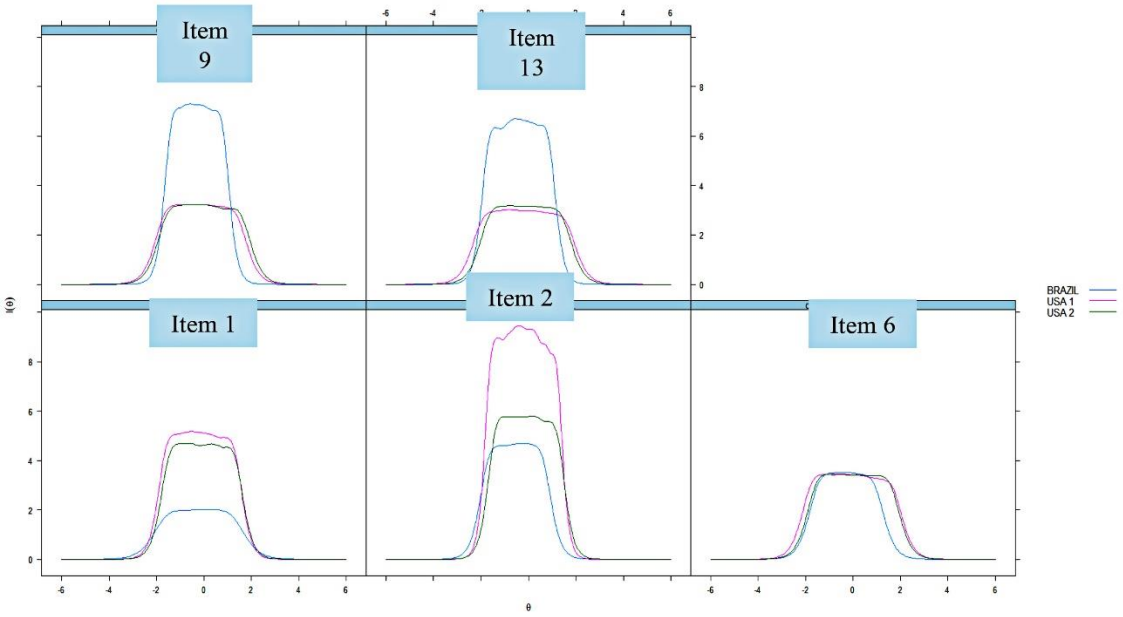
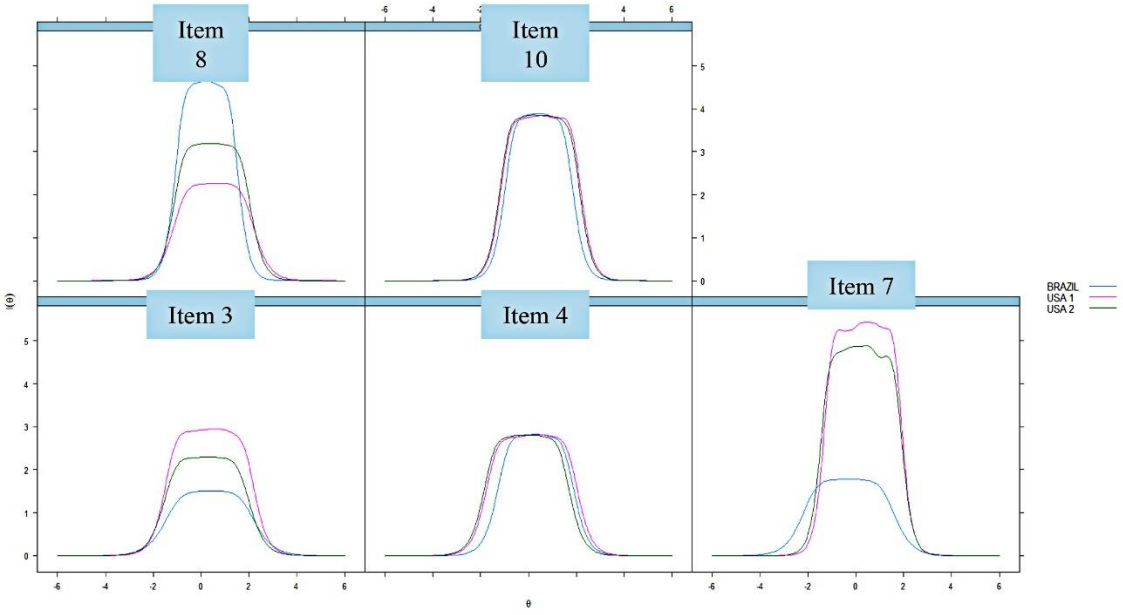


Figure 4B



FIGURES 4A and 4B. Items from the CRAVE and ARGE scales, analyzed with the Item Information Curve (IIC) and plotted by country (Study 3). The X axis is the latent trait (omega) and the Y axis is the level of information.