**Health-care Climate**
- Autonomy/control
- Perceptions of Support/Choice
  - HCCQ
    - (Health Care Climate Questionnaire)

**Perceived Competence**
- Interest/Enjoyment
- Importance/Effort
  - IMI
    - (Intrinsic Motivation Inventory)

**Individual Differences**
- General Causality Orientation
  - GCOS
    - (General Causality Orientations Scale)

**Self-regulation for Behavior Change**
- SRQ
  - (Self-Regulation Questionnaire)

**Maintained Behavior Change**