

Table 1

Items used to Measure Driver's Typologies of Recreation Benefits

<i>Items^a</i>	<i><u>M</u></i>	<i><u>SD</u></i>	<i><u>h^b</u></i>
<i>Prevention of a worse condition (PREV, $\alpha = 0.91$)</i>			
<u>1. I hike because I feel hiking reduces stress.</u> ^c	5.82	1.61	
2. I hike because I feel hiking reduces my chances of developing diabetes.	3.10	2.06	0.82
3. I hike because I feel hiking reduces my chances of having a heart attack.	4.09	2.11	0.85
4. I hike because I feel hiking reduces my chances of weight gain.	4.78	2.00	0.61
5. I hike because I feel hiking reduces my chances of premature death.	4.06	2.14	0.83
6. I hike because I feel hiking reduces my number of illnesses.	4.06	2.05	0.82
<u>7. I hike because I feel hiking reduces feelings of alienation.</u> ^c	3.07	2.03	
<u>8. I hike because I feel hiking reduces the amount of unhealthy foods I eat.</u> ^c	2.93	1.77	
9. <u>I hike because I feel hiking reduces the amount of time I am sedentary.</u> ^d	5.35	1.94	
10. I hike because I feel hiking prevents negative health conditions.	4.96	1.94	

Improved condition (IMP, $\alpha=0.90$,)

11. <u>I hike because I feel that hiking improves my likelihood of living longer.</u> ^d	4.79	1.95	
12. I hike because I feel that hiking improves my overall fitness.	5.91	1.55	0.85
13. I hike because I feel that hiking improves my overall health.	5.80	1.55	0.82
14. <u>I hike because I feel that hiking improves my productivity at work.</u> ^c	3.70	2.03	
15. <u>I hike because I feel that hiking improves my social life.</u> ^c	3.75	1.95	
16. I hike because I feel hiking improves muscle strength.	5.28	1.72	0.82
17. I hike because I feel hiking improves my physical flexibility.	4.84	1.83	0.74
18. <u>I hike because I feel hiking improves my ability to adapt.</u> ^d	4.81	1.98	
19. <u>I hike because I feel hiking improves my ability to use all of my senses.</u> ^d	5.37	1.81	
20. <u>I hike because I feel hiking improves my environmental awareness.</u>	5.66	1.67	

Recognition of a psychological experience (PSYC, $\alpha=0.90$)

21. <u>I hike because I recognize that it is spiritual.</u> ^d	4.91	2.04	
22. <u>I hike because I recognize that hiking creates bonds with others.</u> ^d	4.83	1.79	
23. I hike because I recognize that hiking gives me a sense of self-reliance.	5.90	1.42	0.73
24. I hike because I recognize that hiking gives me a sense of higher self-esteem.	5.28	1.83	0.73
25. I hike because I recognize that hiking causes me to appreciate life more.	6.14	1.23	0.86
26. I hike because I recognize that hiking causes me to be more satisfied with my life.	6.00	1.42	0.85
27. I hike because I recognize that hiking makes me more aware of whom I am.	5.43	1.79	0.78
28. I hike because I recognize that hiking causes me to enjoy life more.	6.20	1.26	0.80
29. I hike because I recognize that hiking is connected to other positive aspects of my life.	5.87	1.41	0.75
30. <u>I hike because I recognize that hiking makes me feel healthier.</u> ^c	6.02	1.39	

^a - items underlined were not used in the measure of BENE construct

^b - factor loadings were only presented for items included in the measure

^c - item did not have the necessary factor loading during the internal validity check ($h > 0.6$)

^d - item did not have the necessary factor loading during the external validity check ($h > 0.6$)
