amongst subcomponents and the user types, post hoc analyses were not performed (see Table 2).

Table 1

Items used to Measure Means-end Theory Components

Items[a]	μ	SD	h[b]
Values (VAL, α= 0.91)			
1. Overall, I feel that hiking the AT improves fun and enjoyment of life. [d]	6.39	0.94	
2. Overall, I feel that hiking the AT creates warm relationships with others. [c]	5.22	1.49	
3. Overall, I feel that hiking the AT improves appreciation of life.	6.30	1.03	0.71
4. Overall, I feel that hiking the AT improves self-esteem.	5.53	1.6	0.76
5. Overall, I feel that hiking the AT improves self-awareness.	5.74	1.45	0.84
6. Overall, I feel that hiking the AT increases feelings of satisfaction.	6.25	1.05	0.76
7. Overall, I feel that hiking the AT improves self-reliance.	6.02	1.23	0.81
8. Overall, I feel that hiking the AT improves self-fulfillment.	5.96	1.34	0.79
9. Overall, I feel that the benefits of hiking the AT are applicable to other areas of life.	6.11	1.94	0.71
Consequences (CONSEQ, α = 0.77)			
10. I hike the AT because I feel hiking is spiritual. [d]	4.81	2.00	
11. I hike the AT because I feel hiking is a physical challenge.	6.10	1.14	0.74
12. I hike the AT because hiking gives me peaceful feelings. [d]	6.00	1.27	
13. I hike the AT because hiking is relaxing. [d]	5.91	1.30	
14. I hike the AT because hiking increases my personal awareness. [d]	5.59	1.52	
15. I hike the AT because hiking increases my social awareness.	4.45	1.67	0.83
16. I hike the AT because hiking increases my environmental awareness. [c]	5.59	1.46	
17. I hike the AT because hiking is exercise.	5.91	1.41	0.91
18. I hike the AT because hiking is good for my health.	5.86	1.42	0.81
19. I hike the AT because hiking is social and leads to social bonding.	4.46	1.72	0.88
Attributes (ATTRIB, α = 0.75)			
20. One of the main reasons I hike the AT is because of the scenic beauty of the trail.	6.12	1.09	0.73
21. One of the main reasons I hike the AT is because I can use and develop survival skills. [c]	4.47	1.74	
22. One of the main reasons I hike the AT is because hiking leads to social interactions that I enjoy. [c]	4.60	1.65	
23. One of the main reasons I hike the AT is because I enjoy being outdoors.	6.69	0.69	0.67
24. One of the main reasons I hike the AT is simply because I enjoy the act of hiking.	6.43	0.89	0.71
25. One of the main reasons I hike the AT is because I enjoy the characteristics of that trail.	6.13	1.05	0.76

[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 ($h > 0.6$)