

Factor Analysis

[DataSet1] /Users/gdolsen/Desktop/Exercise_Survey_4.sav

Communalities

	Initial	Extraction
CA_2 - I believe I would benefit from a greater amount of exercise.	1.000	.836
CA_3 - I really would like to exercise more than I do right now.	1.000	.835
CA_4 - Exercise improves the ability of a person to concentrate.	1.000	.763
CA_5 - Exercise improves the ability of a person to sleep well.	1.000	.719
CA_6 - Exercise increases the level of energy a person has overall.	1.000	.583
CA_7 - Exercise decreases the anxiety/stress experienced by a person.	1.000	.766

*Output for Factor Analysis
Component & Arrangement.*

Extraction Method: Principal Component Analysis.

Total Variance Explained

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation ..
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total
1	3.001	50.013	50.013	3.001	50.013	50.013	2.806
2	1.501	25.024	75.037	1.501	25.024	75.037	1.696
3	.617	10.283	85.321				
4	.387	6.453	91.774				
5	.304	5.074	96.848				
6	.189	3.152	100.000				

Total Variance Explained

Component	Rotation Sums of Squared ...	
	% of Variance	Cumulative %
1	46.775	46.775
2	28.263	75.037
3		
4		
5		
6		

Extraction Method: Principal Component Analysis.

Component Matrix^a

	Component	
	1	2
CA_2 – I believe I would benefit from a greater amount of exercise.	.421	.812
CA_3 – I really would like to exercise more than I do right now.	.418	.812
CA_4 – Exercise improves the ability of a person to concentrate.	.845	-.222
CA_5 – Exercise improves the ability of a person to sleep well.	.822	-.206
CA_6 – Exercise increases the level of energy a person has overall.	.721	-.251
CA_7 – Exercise decreases the anxiety/stress experienced by a person.	.859	-.166

Extraction Method: Principal Component Analysis.

a. 2 components extracted.

Rotated Component Matrix^a

	Component	
	1	2
CA_2 – I believe I would benefit from a greater amount of exercise.	.101	.909
CA_3 – I really would like to exercise more than I do right now.	.098	.908
CA_4 – Exercise improves the ability of a person to concentrate.	.868	.097
CA_5 – Exercise improves the ability of a person to sleep well.	.842	.104
CA_6 – Exercise increases the level of energy a person has overall.	.763	.025
CA_7 – Exercise decreases the anxiety/stress experienced by a person.	.862	.154

Extraction Method: Principal Component Analysis.

Rotation Method: Varimax with Kaiser Normalization.

a. Rotation converged in 3 iterations.

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Reliability

[DataSet1] /Users/gdolsen/Desktop/Exercise_Survey_4.sav

Scale: ALL VARIABLES

Case Processing Summary

		N	%
Cases	Valid	107	100.0
	Excluded ^a	0	.0
	Total	107	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.795	2

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
CA_2 – I believe I would benefit from a greater amount of exercise.	3.97	.914	.673	.
CA_3 – I really would like to exercise more than I do right now.	4.21	.618	.673	.

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Reliability

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Scale: ALL VARIABLES

Case Processing Summary

		N	%
Cases	Valid	107	100.0
	Excluded ^a	0	.0
	Total	107	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.861	4

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
CA_4 - Exercise improves the ability of a person to concentrate.	13.06	2.846	.761	.800
CA_5 - Exercise improves the ability of a person to sleep well.	12.93	3.099	.718	.819
CA_6 - Exercise increases the level of energy a person has overall.	12.88	3.466	.598	.865
CA_7 - Exercise decreases the anxiety/stress experienced by a person.	12.97	2.839	.762	.799

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