

**Table 2**

Differences between Participants Who Were Involved in the Task Group and Those Who Were Not

<b>Item</b>	<b>In Task Group (<i>n</i> = 94), Mean (SD)</b>	<b>Not in Task Group (<i>n</i> = 265), Mean (SD)</b>	<i>t</i>	<i>p</i>	<b>Mean-difference (95% CI)</b>	<i>d</i>
Intention	4.23 (0.65)	3.79 (0.75)	<i>t</i> (354) = 5.00	<b>&lt;.001</b>	.44 (.26, .61)	.60
Attitude	3.83 (0.54)	3.50 (0.50)	<i>t</i> (351) = 5.16	<b>&lt;.001</b>	.32 (.20, .45)	.62
Social support	3.75 (0.60)	3.29 (0.68)	<i>t</i> (355) = 5.70	<b>&lt;.001</b>	.45 (.30, .61)	.68
Social norm	3.71 (0.53)	3.59 (0.58)	<i>t</i> (354) = 1.73	.08	.12 (-.02, .25)	.21
Self-efficacy	3.36 (0.65)	3.17 (0.61)	<i>t</i> (354) = 2.59	<b>.01</b>	.19 (.05, .34)	.31

*Note:* Significant *p*-values at the  $p < 0.05$  level are shown in bold.