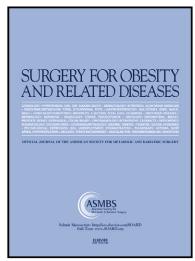
### Author's Accepted Manuscript

Changes in Enjoyment, Self-Efficacy, and Motivation During a Randomized Trial to Promote Habitual Physical Activity Adoption in Bariatric Surgery Patients

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#### ACCEPTED MANUSCRIPT

# Changes in Enjoyment, Self-Efficacy, and Motivation during a Randomized Trial to Promote Habitual Physical Activity Adoption in Bariatric Surgery Patients

Dale S. Bond, PhD<sup>1\*</sup>, J. Graham Thomas, PhD<sup>1</sup>, Sivamainthan Vithiananthan, MD<sup>2</sup>, Jennifer Webster, BA<sup>1</sup>, Jessica Unick, PhD<sup>1</sup>, Beth A. Ryder, MD<sup>2</sup>, Dieter Pohl, MD<sup>3</sup>

<sup>1</sup>Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University/The Miriam Hospital Weight Control and Diabetes Research Center, Providence, RI, USA

<sup>2</sup>Department of Surgery, Alpert Medical School of Brown University/The Miriam Hospital, Providence, RI, USA

<sup>3</sup>Department of Surgery, Roger Williams Hospital, Providence, RI, USA

\* Corresponding author: Dale S. Bond, Ph.D., Department of Psychiatry and Human Behavior, Alpert Medical School of Brown University/The Miriam Hospital Weight Control and Diabetes Research Center, 196 Richmond Street, Providence RI, USA 02903; Telephone: 401-793-8970; Fax: 401-793-8944; E-mail: dbond@lifespan.org

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#### **ABSTRACT**

Background: The Bari-Active trial showed that a physical activity intervention (PAI), versus standard pre-surgical care control (SC), produced significant increases in daily bout-related moderate-to-vigorous PA (MVPA in ≥10-minutes bouts) preoperatively. The current study

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