Variable	Self-actualization				Health responsibility				Interpersonal support				Exercise				Nutrition				Stress management			
	B	Beta	t_{550}	P	B	Beta	t_{550}	P	B	Beta	t_{550}	P	B	Beta	t_{550}	P	B	Beta	t_{550}	P	B	Beta	t_{550}	P
Gender	.10	.01	.35	.73	.55	.07	1.96	.05	.20	.03	.88	.38	.80	.10	2.56	.01	.12	.02	.54	.59	.36	.07	1.73	.09
Seeking health issues	.17	.05	.91	.37	1.30	.34	7.30	<.001	.20	.07	1.33	.19	.80	.20	4.02	<.001	.17	.06	1.21	.23	.06	.02	.46	.65
Consuming organic food	−.15	−.05	−1.04	.30	.43	.13	3.20	.001	−.17	−.07	−1.52	.13	.41	.11	2.74	.006	.09	.04	.88	.38	.06	.03	.60	.55
Health concern	1.36	.36	7.65	<.001	.40	.10	2.29	.02	1.01	.33	7.06	<.001	1.17	.28	6.08	<.001	1.20	.41	9.01	<.001	.91	.34	7.13	<.001
Majors	1.21	.15	3.81	<.001	1.72	.20	5.60	<.001	.97	.15	3.82	<.001	−.47	−.05	−1.36	.17	.36	.06	1.50	.13	.57	.10	2.50	.01
	R=.42 $\Delta^a R^2$=.17				R=.55 ΔR^2=.30				R=.41 ΔR^2=.16				R=.48 $\Delta^a R^2$=.23				R=.47 ΔR^2=.22				R=.39 ΔR^2=.15			
	$F_{5,550}$=23.76				$F_{5,550}$=48.57				$F_{5,550}$=22.14				$F_{5,550}$=33.26				$F_{5,550}$=31.57				$F_{5,550}$=20.27			

[a]Δ: Adjusted.