

Variable	Self-actualization				Health responsibility				Interpersonal support				Exercise				Nutrition				Stress management			
	B	Beta	t <sub>547</sub>	P	B	Beta	t <sub>547</sub>	P	B	Beta	t <sub>547</sub>	P	B	Beta	t <sub>547</sub>	P	B	Beta	t <sub>547</sub>	P	B	Beta	t <sub>547</sub>	P
Gender	-.05	-.01	-1.19	.85	.43	.06	1.58	.11	.09	.02	.44	.66	.72	.07	2.32	.02	.04	.01	.17	.87	.27	.05	1.37	.17
Majors	.54	.07	1.77	.08	1.64	.19	5.14	<.001	.43	.07	1.74	.08	-.47	-.05	-1.31	.19	.25	.04	1.03	.30	.39	.07	1.65	.10
Seeking health issues	-.32	-.09	-1.81	.07	1.07	.28	5.89	<.001	-.17	-.06	-1.22	.23	.67	.15	3.24	.001	-.01	-.00	-.06	.95	-.14	-.06	-1.61	.29
Health concern	.97	.25	5.80	<.001	.23	.06	1.30	.19	.67	.22	5.05	<.001	1.04	.25	5.31	<.001	1.06	.36	7.94	<.001	.75	.28	5.87	<.001
Consuming organic food	-.11	-.03	-.84	.40	.43	.13	3.24	.001	-.17	-.05	-1.22	.22	.41	.11	2.72	.007	.09	.04	.91	.36	.07	.03	.71	.48
Functional	.11	.09	2.32	.02	-.10	-.07	-1.97	.05	.12	.12	2.98	.003	-.07	-.05	-1.30	.19	-.05	-.05	-1.22	.23	-.02	-.02	-1.21	.69
Interactive	.16	.14	2.81	.005	.11	.09	1.88	.06	.08	.09	1.83	.07	.03	.02	.42	.68	.07	.08	1.54	.13	.08	.09	1.70	.09
Critical	.30	.32	6.68	<.001	.16	.17	3.55	<.001	.26	.35	7.28	<.001	.14	.13	2.66	.008	.13	.18	3.56	<.001	.14	.22	4.15	<.001
	R=.57				R=.59				R=.57				R=.50				R=.52				R=.46			
	$\Delta^a R^2=.32$				$\Delta R^2=.34$				$\Delta R^2=.31$				$\Delta R^2=.24$				$\Delta R^2=.25$				$\Delta R^2=.20$			
	$F_{8,547}=33.02$				$F_{8,547}=36.71$				$F_{8,547}=32.09$				$F_{8,547}=22.82$				$F_{8,547}=24.66$				$F_{8,547}=18.67$			

<sup>a</sup> $\Delta$ : Adjusted.