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BOOK OF ABSTRACTS



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The role of motivational and cognitive factors in exercise procrastination: A self-determination perspective

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Background: Procrastination in exercise is one of the major obstacles to attainment of the health benefits of regular exercise. Procrastination can occur when a task is seen as aversive or when motivation is insufficient. Therefore, investigating the concurrent effect of motivational and cognitive factors on exercise procrastination is crucial for understanding its mechanism. The aims of this research are to conduct Turkish adaptation of Procrastination in Exercise Scale (PiES; Study 1) and investigate the structural relationships among basic psychological needs of Self Determination Theory, perceived exercise benefits and barriers, and exercise procrastination (Study 2). The moderating role of exercise self-efficacy is also tested.

Methods: Study 1: The 6-item PiES has been adapted following the translation-back translation methodology from English to Turkish. 154 participants completed the following assessments: PiES, International Physical Activity Questionnaire-Short Form, General Procrastination Scale, and exercise intentions. Study 2: The cross-sectional study targets to recruit 300 university students. Measurement instruments are PiES, Basic Psychological Needs in Exercise Scale, Exercise Benefits/Barriers Scale, and Exercise Self-Efficacy. Data collection is in progress. Structural Equation Modelling is conducted to investigate the structural relationships among the variables. Multi-group SEM is conducted to examine moderated mediation.

Concluding Remarks: The internal consistency of PiES was very excellent with an overall Cronbach alpha value of .93, and Keiser-Meyer-Olkin value was .91. The work-in-progress research is expected to understand motivational and cognitive processes underlying exercise procrastination. Outcomes may guide interventions to address need satisfaction, cognitive factors, and self-efficacy to increase physical activity engagement.