

Demographic Analysis

Ramya Ghantasala

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Package Installation

```
library(gtsummary)
library(dplyr)
library(ggplot2)
```

Demographic Data

This file reproduces table 4.2 “Participant characteristics”.

Summary

The following table describes the characteristics of the participants who took part in the study.

Variable	N = 60
Age	28 (7), Range: 19-46
Gender	
Female	24 (40%)
Male	35 (58%)
Other	1 (1.7%)
Weekly Exercise Amount(In Minutes)	
Never (0 – 60 minutes per week)	10 (17%)
Often (more than 150 minutes per week)	15 (25%)
Sometimes (60 – 150 minutes per week)	35 (58%)
Physical Activity Stage(TTM)	
Maintenance	19 (32%)
Action	16 (27%)
Preparation	11 (18%)
Contemplation	12 (20%)
Precontemplation	2 (3.3%)

This table can be found in chapter 4, table 4.2 “Participant characteristics”.