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# Geographic, sociodemographic and psychological factors related to Active and Sustainable mobility

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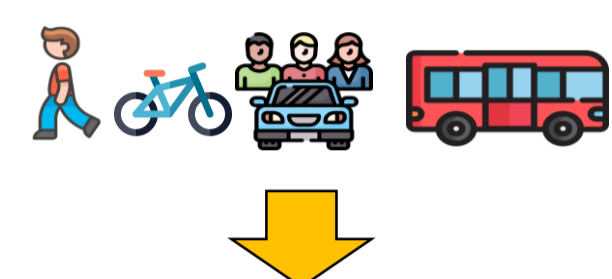
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## 1 Background

### Active and Sustainable mobility (ASM)



Potential answer to **sanitary and climate issues** (physical inactivity, air pollution, greenhouse emissions)<sup>1</sup>

- To promote it efficiently, it is important to apprehend the factors related to ASM<sup>2</sup>
- Few studies have apprehended the factors related to ASM from an interdisciplinary approach<sup>3</sup>

## 2 Methods

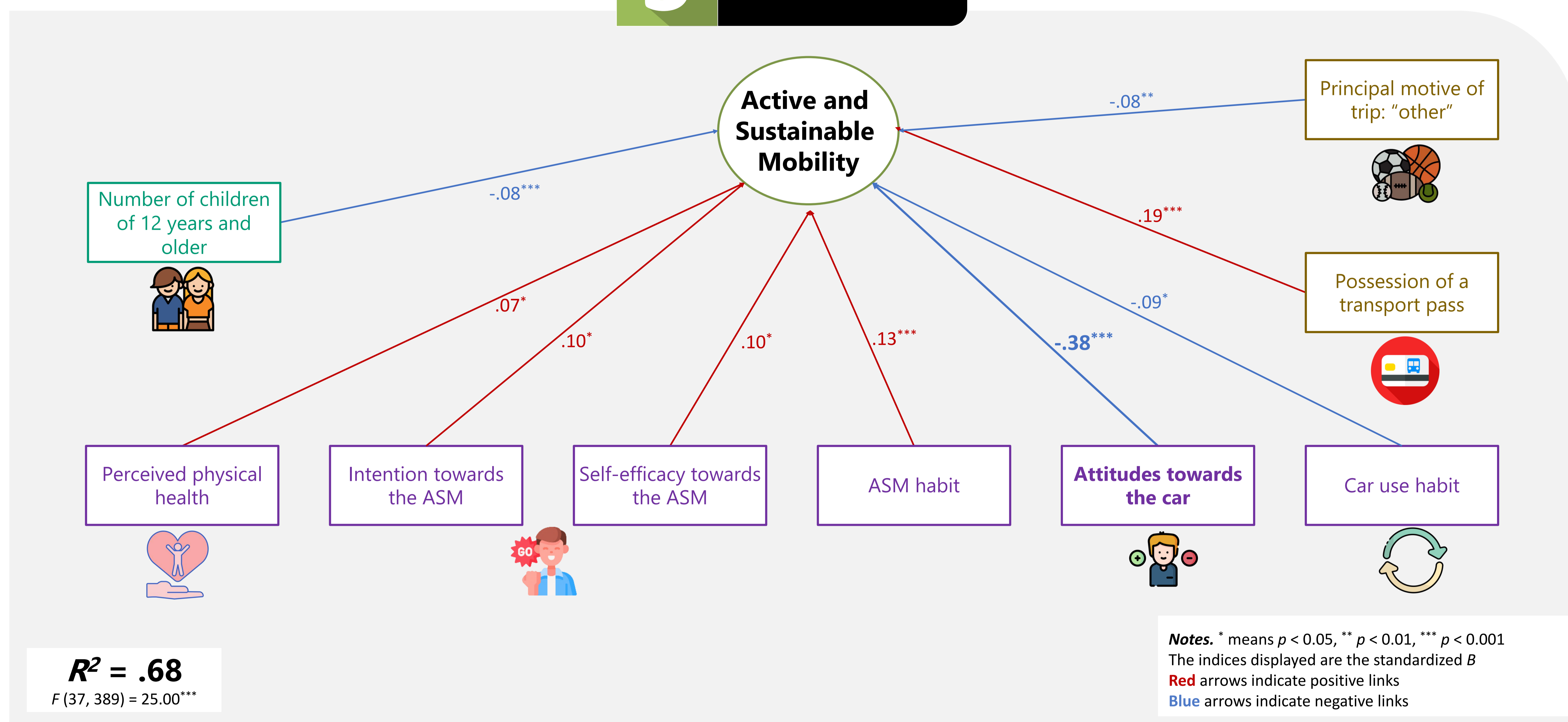
### Cross-sectional design



538 adults ( $M_{age} = 36$  years, 55% of women) living in France answered a 20-minute online survey in October 2020

- The questions included:
  - Percentage of ASM during a typical week ( $M_{\%ASM} = 35.57\%$ ,  $SD = 22.87$ )
  - Geographic factors (Home address → to calculate the residence's density, car possession, possession of a transport pass, mobility biographies, motive of the trip, etc.)
  - Sociodemographic factors (Sex, number of children under 12 years, number of children of 12 years and older, incomes, work percentage, etc.)
  - Psychological factors (Theory of planned behaviour constructs: Intention towards active mobility, self-efficacy, etc., habits and, green identity)
- The data was analysed by using multiple hierarchical regressions in R.

## 3 Results



## 4 Conclusions

- Active and sustainable mobility seems to be mainly related to psychological factors such as attitudes towards the car, mobility habits, intention and self-efficacy towards ASM and perceived physical health.
- Nevertheless, ASM is also related to some geographic (motive of the trip, possession of a transport pass) and sociodemographic factors (number of children of 12 years and older).
- Behavioural interventions and public policies should consider individuals' motivations and contexts while promoting active and sustainable mobility.

### References

- <sup>1</sup> Bartholomew, L. K., Markham, C., Ruiter, R. A., Fernández, M. E., Kok, G., & Parcel, G. S. (2016). *Planning health promotion programs: An intervention mapping approach, 2nd ed.* (4th ed., p. xxiv, 765). Jossey-Bass.
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