

Table 4. Ordinal Regression Results Predicting Physical Activity Level (n = 221)¹

Variables	Unadjusted Proportional OR (CI)	p	Adjusted Proportional OR (CI)	p
Demographic/Psychological				
Age	.97 (.94; 1.00)	.078	.96 (.92; 1.01)	.129
Female	.41 (.22; .77)	.006	.50 (.25; 1.02)	.057
Education, yrs	1.07 (.97; 1.18)	.190	1.02 (.90; 1.15)	.741
WRAT ²	1.04 (1.00; 1.08)	.043	1.04 (.99; 1.10)	.095
GDS score ³	.87 (.80; .95)	.001	.90 (.81; 1.00)	.040
Physical				
Chronic Disease Score ⁴	.93 (.86; .99)	.027	.97 (.90; 1.04)	.349
Not able to walk 2 blocks	.57 (.32; 1.00)	.050	.89 (.46; 1.74)	.734
ADL-PI score ⁵	1.07 (1.03; 1.12)	.001	1.03 (.98; 1.09)	.223
Neuropsychological				
Mini Mental Status Score	1.04 (.94; 1.15)	.482	1.01 (.89; 1.16)	.861
HVLT Total Recall ⁶	1.05 (.97; 1.12)	.221	1.00 (.92; 1.09)	.974
HVLT Delayed Recall ⁶	1.07 (.94; 1.22)	.298	1.04 (.89; 1.22)	.585
Boston Naming Test ⁷	1.05 (.94; 1.18)	.375	0.96 (.83; 1.10)	.535
Category Fluency ⁸	1.04 (.97; 1.12)	.226	1.00 (.93; 1.09)	.910
Trail Making Test, Part A ⁹	.93 (.87; 1.00)	.058	.96 (.86; 1.07)	.421
Trail Making Test, Part B ⁹	1.00 (.97; 1.04)	.813	1.05 (1.00; 1.09)	.049
Digit Symbol Substitution ¹⁰	1.15 (.96; 1.39)	.135	1.02 (.78; 1.34)	.866
Digit Span – Forward ¹¹	.99 (.87; 1.12)	.849	1.02 (.87; 1.19)	.832

Digit-Span – Backward ¹¹	.86 (.73; 1.01)	.066	.80 (.66; .99)	.037
Wechsler Memory Scale-R Logical Memory IA ¹²	1.02 (.95; 1.09)	.640	.99 (.88; 1.11)	.895
Wechsler Memory Scale-R Logical Memory IIA ¹²	1.05 (.99; 1.12)	.129	1.01 (.91; 1.13)	.838

¹ The low group engaged in 0 to 59 minutes of activity in past 2 weeks (coded 1), the middle group engaged in 60 to 149 minutes (coded 2), and the high group engaged in more than 150 minutes (coded 3). Odds ratios are for odds of having higher activity. Deviance = 434.43, $p = .176$; Pseudo $R^2 = .175$.

² Wide Range Achievement Test

³ Geriatric Depression Scale

⁴ Expressed in increments of \$1,000.

⁵ Alzheimer's Disease Cooperative Study Activities of Daily Living–Prevention Instrument; higher scores signify better function.

⁶ Hopkins Verbal Learning Test

⁷ Scored as the number of correctly identified pictures.

⁸ Scored as the number of animals named in 60 seconds.

⁹ Scored as the number of seconds for task completion; expressed in 10 second increments.

¹⁰ Scored as the number of correct symbols; expressed in 10 symbol increments.

¹¹ Scored as the number of correctly recalled sequences.

¹² Scored as the number of correctly recalled story components.