

**Nathanial Schreiner, PhD, MBA, RN – Sigma Grant Report, 2020 – The Impact of Emotional Regulation on Treatment Burden in the Primary Care Population**

**Table 7: Multivariate Regression Model with Emotional Dysregulation Explaining Exercise Treatment Burden**

Variable	Unstandardized Beta Coefficient	Standard Error	Standardized Beta Coefficient	T Score	P Value
(Constant)	4.46	2.04	-	2.19	0.03
Age	-0.02	0.02	-0.08	-1.01	0.31
Number of Children Living in Home	0.07	0.24	0.02	0.27	0.79
Diabetic Diagnosis	0.93	0.56	0.14	1.67	0.10
Employment Status	-1.22	0.65	-0.16	-1.86	0.07
Income	0.76	0.63	0.10	1.21	0.23
Emotional Dysregulation	0.06	0.03	0.16	1.86	0.07
Self-Efficacy	-0.03	0.02	-0.14	-1.70	0.09
Total Number of Chronic Conditions	0.50	0.16	0.28	3.15	0.00

Note: Dependent Outcome: Exercise Treatment Burden