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Correction: Individualized pleasure-oriented exercise sessions, exercise frequency, and affective outcomes: a pragmatic randomized controlled trial



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Correction: *Int J Behav Nutr Phys Act* 21, 85 (2024)
<https://doi.org/10.1186/s12966-024-01636-0>

Following the publication of the Original Article, the authors reported some errors.

With regards to Table 3, some data were incorrectly transferred. This resulted to misaligned data when the control to the experimental group mean frequency per week are subtracted.

Incorrect

		Mean difference (95% CI)		
		Δ	LBCI	UBCI
Week 1 frequency	...	-0.875	-1.607	-0.143
Week 2 frequency		-0.875	-1.629	-0.121
Week 3 frequency		-0.962	-1.757	-0.167
Week 4 frequency		-0.353	-1.144	0.438
Week 5 frequency		-0.614	-1.357	0.129
Week 6 frequency		-0.918	-1.599	-0.238
Week 7 frequency		-0.658	-1.428	0.112
Week 8 frequency		-0.614	-1.339	0.111
Sum exercise sessions		-	-	-

Correct

		Mean difference (95% CI)		
		Δ	LBCI	UBCI
Week 1 frequency	...	-1.065	-1.765	-0.365
Week 2 frequency		-0.896	-1.652	-0.140
Week 3 frequency		-0.974	-1.770	-0.178
Week 4 frequency		-0.370	-1.163	0.424
Week 5 frequency		-0.652	-1.401	0.096
Week 6 frequency		-0.957	-1.664	-0.249
Week 7 frequency		-0.652	-1.469	0.165
Week 8 frequency		-0.652	-1.382	0.078
Sum exercise sessions		-	-	-

The original article can be found online at <https://doi.org/10.1186/s12966-024-01636-0>.

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With regards to Table 5, some scores were also incorrectly transferred. However, the ANOVA results are presented correctly. These corrections do not affect the results or conclusions of the study.

Incorrect

Table 5—Descriptive statistics and split-plot ANOVA results for the secondary outcomes (enjoyment, core affective experiences, remembered affect, and anticipated affect)

Core affective exercise experiences baseline	6.03	1.14	6.10	0.84	-0.07								
Core affective exercise experiences post-trial	6.24	0.50	6.29	0.48	-0.10	.064	.420	.015	.005	.941	.000	.836	.366

Correct

Core affective exercise experiences baseline	6.03	1.14	6.24	0.50	-0.07								
Core affective exercise experiences post-trial	6.10	0.84	6.29	0.48	-0.10	.664	.420	.015	.005	.941	.000	.836	.366

Furthermore, to maintain consistency with the paper’s format, all scores should include a zero before the decimal point/comma. The necessary changes have been made to the Results section of the Abstract, as well as to Table 4 and Table 5.

The Original Article has been corrected.

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Reference

1. Teixeira DS, Bastos V, Andrade AJ, et al. Individualized pleasure-oriented exercise sessions, exercise frequency, and affective outcomes: a pragmatic randomized controlled trial. *Int J Behav Nutr Phys Act*. 2024;21:85. <https://doi.org/10.1186/s12966-024-01636-0>.